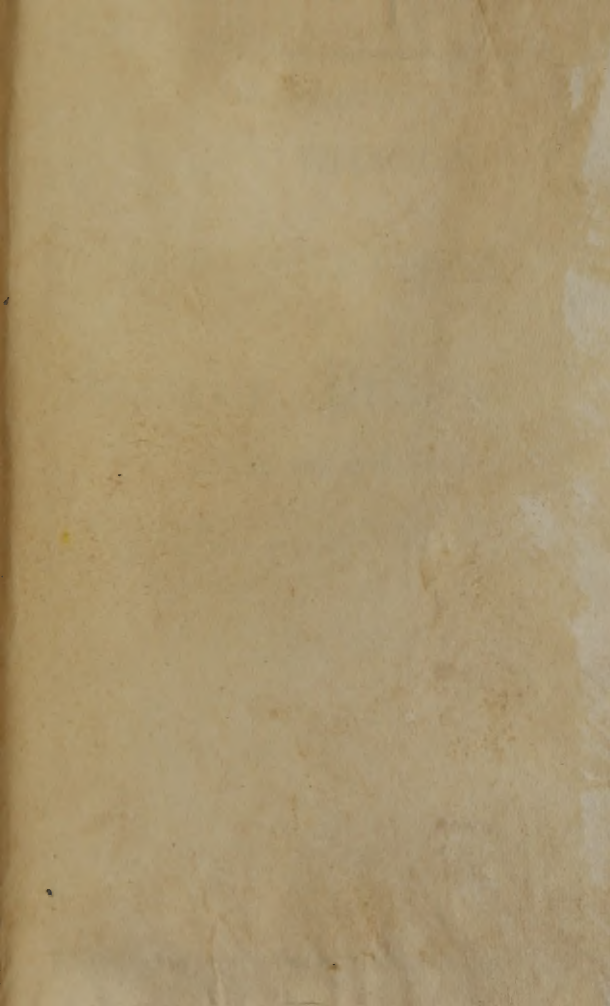




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


THE ECLECTIC  
FAMILY PHYSICIAN,  
A  
SCIENTIFIC SYSTEM OF MEDICINE,  
ON  
Vegetable Principles,

DESIGNED FOR FAMILIES.

THIS WORK EMBRACES THE CHARACTER, SYMPTOMS OF  
DISEASE, AND TREATMENT FOR MAN, WOMAN  
AND CHILD.

By Dr. D. DYER.



HALLOWELL:  
PRINTED FOR THE AUTHOR.

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1855.

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# FAMILY PHYSICIAN.

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## INTRODUCTION TO PART I.

THIS work is designed for the benefit of all, the poor as well as the rich, the unlearned as well as the learned.

The character of the work may be known by its title, as the ECLECTIC; which signifies one who does not attach himself to any particular sect, but selects from the opinions and principles or systems, such as he judges to be sound and rational. Many persons have a desire to know something about the science of medicine, but are not able to read the works that are published, unless they first go to school and study Latin six months or more; and as the expense would be considerable, and others have not the means to do so, hence the study of medicine is confined to a few. Another trouble in reading medicine, which most fall into, is the reading of books that take a one side view; such as Cold Water Cure, Homœopathic, Alopathic,



Thompsonian, &c., without reading all, as one ought to do, and then judge for themselves what is best. But in this you see that one has to buy a large number of medical works, which is attended with much expense. To obviate this difficulty, we need an eclectic work like this, which I present to the public for their careful perusal, knowing that it will be of great good to all who will be benefited by it. I do not pretend to have discovered all the remedies that are laid down in this book, but I have gathered them from five different modes of practice, which I have read, and from more than a score of the best physicians of the United States, and elsewhere, in connection with six years' experience, in which I have had more than one thousand patients. I have tried most of the remedies recommended in this work and know them to be what they are said to be in this work; but it should be remembered that the best of remedies may in some cases fail. I know of but one physician and one remedy that is infallible, and that is the great Physician of souls, and the remedy is the blood of Christ.



## THE OPINIONS OF GREAT MEN.

DR. BUCHAN. — How do great men err when they lose sight of facts, and substitute argument in physic, for experience.

PROF. RAFINESQUE says, the popular belief that every country produces simples enough to cure every disease is not void of truth. Vegetable medicines afford the milder, the most efficient remedies to the human frame. The numerous cures performed every day, are evidences of their super excellent virtues.

PROF. WATERHOUSE says, that there is no doubt in his mind but that vegetable simples are the preferable remedies. He is of the opinion that they will yet take the place of minerals.

DR. ARMSTRONG thinks it would be of advantage to the public, if the study of the predisposition and occasion of disease was a portion of the education of every gentleman.

GREGORY's opinion is, that every physician must rest on his own judgment, which appeals to experience alone; and an obstinate adherence to an unsuccessful method of

treating disease, is self-conceit, and proceeds from ignorance, which is a species of pride to which the lives of thousands have been sacrificed.

MORRISON. — The whole nation is groaning under the present practice of the medical profession, which fosters disease more than cures it, and ruins our constitutions.

HIPOCRATES says, all men ought to be acquainted with the medical art. I believe that the knowledge of medicine is the sister and companion of wisdom.

CELSUS. — Skill in healing in early times was considered a part of wisdom. I believe the practice of medicine should be agreeable to reason.

HOFFMAN. — As health is the most precious of all things, and is the foundation of happiness, the science of protecting life and health is the noblest of all, and the most worthy the attention of all mankind. What, when and how is the great secret.

We see by the above quotations that a large number of physicians of note, are of the opinion that a reform is needed in medicine, and that the common people may

understand the healing art, and be their own physicians.

## LATIN AND ENGLISH NAMES OF DISEASES.

Those in *italics* are the *Latin* names.

Intermittant Fever,	<i>Febris Intermittens.</i>
Remittent       “	“ <i>Remittens.</i>
Inflammatory “	“ <i>Ardens.</i>
Typhus         “	<i>Typhus Mitias.</i>
Yellow         “	“ <i>Ictersodis.</i>
Spotted        “	“ <i>Petechialis.</i>
Scarlet        “	<i>Scarlatina.</i>
Childbed       “	<i>Febris Puerperalis.</i>
Hectic         “	“ <i>Hectica.</i>
Inflammation of the Brain,	“ <i>Phrenitis.</i>
“               “     Ear,	“ <i>Otitis.</i>
Mumps,	<i>Cynanche Parotidea.</i>
Croup,	“ <i>Trachealis.</i>
Catarrh or Influenza,	<i>Tussis Epidemicus.</i>
Whooping Cough,	<i>Pertussis.</i>
Colds and Coughs.	<i>Tussis.</i>
Asthma,	<i>Asthma.</i>
Inflammation of the Lungs,	<i>Pneumonia.</i>
Consumption,	<i>Phthisis Pulmunalis.</i>
Pleurisy,	<i>Pleuritis.</i>
Inflammation of the Heart,	<i>Pericarditis.</i>
“               “     Stomach,	<i>Gastritis.</i>
“               “     Liver,	<i>Hepatitis.</i>
“               “     Bowels,	<i>Enteritis.</i>
“               “     Spleen,	<i>Spleenitis.</i>
“               “     Kidneys,	<i>Nephritis.</i>
“               “     Womb,	<i>Hysteritis.</i>

Inflammatory Rheumatism,	<i>Rheumatismus.</i>
Small Pox,	<i>Variola.</i>
Measles,	<i>Rubeola.</i>
Dropsy of the Brain,	<i>Hydrocephalus.</i>
Insanity,	<i>Mania.</i>
Epilepsy or falling sickness,	<i>Epilepsia.</i>
Fainting,	<i>Syncope.</i>
Palsy,	<i>Paralysis.</i>
Hysterics,	<i>Hysteria.</i>
St. Vitus Dance,	<i>Corea Sancti, Viti.</i>
Cholera Morbus,	<i>Cholera Morbus.</i>
Dyspepsia,	<i>Dyspepsia.</i>
Heartburn,	<i>Cordialgia.</i>
Sore Mouth, or Canker,	<i>Aphthe.</i>
Vomiting,	<i>Emesis.</i>
Colic,	<i>Colica.</i>
Costiveness,	<i>Constipatio.</i>
Bleeding at the Nose,	<i>Epistaxis.</i>
Involuntary disc'g of Water,	<i>Diabetes.</i>
Whites, or Flower Albus,	<i>Leucorrhœa.</i>
Abortion,	<i>Abortio.</i>
Retention of the Menses,	<i>Chlorosis.</i>
Nightmare,	<i>Incubus.</i>
Jaundice,	<i>Icterus.</i>
Scurvy,	<i>Scorbutus.</i>
Yaws,	<i>Flambesia.</i>
Worms,	<i>Vermes.</i>
Headache,	<i>Cephalalgia.</i>
St. Anthony's Fire,	<i>Erysipelas.</i>
Piles.	<i>Hemorrhoids.</i>

## ABBREVIATIONS USED IN MEDICINE.

Chart,	A small paper or papers.
Coch,	A spoonful or spoonfuls.

Colyr,	An eye water.
Cong,	A gallon or gallons.
Decoct,	A decoction.
Ft,	Make.
Gar,	A gargle.
Gr,	Grain.
Gtt,	A drop or drops.
Haust,	A draught.
Infus,	An infusion.
M,	Mix.
Mass,	A mass.
Mist,	A mixture.
Pil,	A pill or pills.
Pulv,	A powder or powders.
Q. S.,	A sufficient quantity.
S,	Write.
Ss,	Half.
aa,	Of each.
O,	A pint or pints.

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The Medical properties and use of Plants, Roots. &c.,  
with their Latin and English names. — The *Latin*  
names are in *Italics*.

GUM ARABIC. — (*Accacia*.)

This gum comes from Turkey, Barbary,  
Senegal, &c.

*Medical use.* — It is good to sheathe in-  
flamed surfaces, such as inflammation of the  
throat. For this a few pieces may be dis-  
solved in the mouth and permitted to run  
down the throat. It is good for inflammation

of the stomach and bowels, lungs and urinary organs. It is good for scalding of the water. It is best prepared by dissolving one ounce of the gum in a pint of boiling water. — *Dose*, two or four ounces a day.

WORMWOOD. — (*Absintheum*.)

The tops and leaves are the parts used. It is a native of England, and is naturalized in the United States. It should be gathered in July or August, and dried in the shade.

*Medical use*. — It is a tonic anthelmintic. The use of wormwood as a bitter is not so good as Gentain or Quashia or many others that are used for that purpose, because in large doses it irritates the stomach. It is a great medicine for sprains, simmered in vinegar, and applied to the parts affected, and also as a fomentation in case of inflammation. — *Dose*. To one ounce of the leaves, add one pint of boiling water, and two ounces taken at a time.

VINEGAR. — (*Acetum* )

Vinegar is made in various ways, but cider vinegar is as good as any, and is the most common in this country.

*Medical use.* — Externally it is used as a fomentation, and with water and salt, it is useful to be applied to the head in fevers, or when there is heat or inflammation in the head. It should not be taken with food.

CITRIC ACID. — (*Acidum citricum.*)

This is used as a substitute for lemonade, in the following manner, which is good in fevers. Take one ounce of the acid and put it into three gallons of water, and add sugar to suit the taste. *Dose.* From one half to one pint. Essence of lemon may be added if one prefers.

MURIATIC ACID.

This is prepared from sea salt. It is good in typhus fevers when there is a great prostration. *Dose.* Ten drops in chamomile tea, three times a day.

ALUM.

This is good to be taken internally, in the following manner, which is called *alum whey*. Take one-fourth of an ounce of alum, and boil it in one pint of milk and strain it to separate the whey from the curd.

*Dose.* A wine-glass full. Good for bleed-



ing at the lungs, vomiting, &c. It is recommended for colic by many eminent surgeons, to be given in the following manner; one teaspoonful every three hours. (I mean powdered alum in the last case.)

#### STARCH,

Is used in injections with much benefit. One teaspoonful dissolved in hot water or milk, should be given at a time, and repeated every four hours in bowel complaints, if there is much inflammation or frequent discharges.

#### CHAMMOMILE.

This is a mild tonic, useful in fevers, given cold several times a day. It is a good tonic for weak stomachs or impaired digestion. When given warm it aids the operation of an emetic.

WATER is called *Aqua*.

#### SARSAPARILLA.

This is said to purify the blood, and for that purpose may be drank freely. What some call sarsaparilla, I call *dwarf elder* or *pigeon berry*, which is good for the dropsy.

SEEDS AND ROOT OF BURDOCK.—(*Arctium Cuppa.*)

*Medical use.*—Useful in rheumatism, scrofulous affections, and inflammation of the kidneys. It must be used for a long time to be of much benefit. *Dose.* Take two ounces of the root, and boil in three pints of water, to two pints, and one pint given a day. The seeds are diuretic, and should be given in tablespoonful doses three times a day.

HORSE RADISH.—(*Armoracia.*)

The chief use of this root is to be eaten with food as a condiment. It is useful in dropsical complaints attended with a debilitated condition of the digestive organs. *Dose* of the grated root is one teaspoonful three times a day.

ASAFÆTIDA.

The effect of it on the system is antispasmodic. It is useful in all spasms of the stomach, bowels, and debility of the nervous system. It is useful in whooping cough, Asthma, Croup, Pulmonary Consumption, Hysterics, &c. *Dose.* The medium dose ten grains, which is about equal to two large

pills, and the dose may be increased, as it does not affect the brain.

SWEET FLAG. — (*Calamus.*)

This is good for pain in the stomach or bowels arising from flatulence or wind. It is a good aromatic. *Dose.* The dose in substance is from one-third to one teaspoonful, in an infusion, or what we call making a tea. It is one ounce to one pint of water, and a wine glass full taken at a time.

CAMPHOR. — (*Camphora.*)

Camphor comes from Canton, Batavia, Singapore and Calcutta; the greater portion comes from the Island of Formosa.

*Medical use.* This is one of the best of medicines ever known, and is good for fainting fits, mania, inflammation of the brain, spasmodic cough, headache, and rheumatism. It is used in low typhus fever, when there is delirium, and to produce a moisture of the skin. It enters into the resting powders, which adds much to their value.

*Dose.* A medium dose is from five to eight grains.

SPANISH FLIES. — (*Cantharides*.)

These are used mostly for blisters, which are of much value, but should seldom be used.

CAYENNE PEPPER. — (*Capsicum*.)

This is a powerful stimulant. It is good for dyspepsia, gout, palsy, colds, and malignant sore throat, as a gargle, and taken internally; for sea sickness it is given in teaspoonful doses. It is applied externally in local rheumatism, &c. *Dose*, from five to ten grains. Although this is a valuable medicine, I would not live on it as some do.

CHARCOAL. — (*Carbo Ligni*.)

Charcoal is useful in bowel complaints, when there is danger of mortification. It should be given with magnesia, and be taken in tablespoonful doses three times a day. It is of great value as a poultice when mortification takes place. It will preserve meat for months that is packed in it.

CLOVES. (*Caryophyllus*.)

Cloves are of great value as an aromatic, in flatulence and indigestion. The habit of eating cloves, as many do, is bad.

CATNIP. (*Nepeta cataria*.)

Good to promote perspiration.

## BLACK SNAKEROOT.

This is called cohosh sometimes.

*Medical use.* — It is a mild tonic, of service to the kidneys, uterus and nervous system; rheumatism, dropsy, hysteria, and diseases of the lungs. *Dose.* — One ounce of the root to one pint of boiling water; from one half to a full glass taken four or eight times a day.

PERUVIAN BARK. (*Chinchona*.)

Some are in the habit of using this bark for a tonic, but as it is adulterated it is not best to use it, so long as we have so many others quite as good.

## COLOCYNTH.

This is a powerful cathartic, but should not be given alone.

## COLUMBO.

This is a mild tonic and is useful in dyspepsia, low state of typhus fever, and in dysentery when there is much weakness and debility of the bowels, which is often the case. *Dose.* — From one-fourth to one teaspoonful, three times a day.

## BALSAM OF COPAIBA.

This is used by most physicians for bronchial difficulty, and is a diuretic. *Dose.* From twenty drops to half a teaspoonful two or three times a day.

GOLD THREAD. (*Coptis.*)

It is used for sore mouth. It is a tonic and makes a good bitter.

## CREOSOTE.

A peculiar substance obtained from tar. It is used by some for vomiting and to kill the nerve of the tooth. It is very poisonous and I never use it. — Chalk is called *Creta*.

SULPHATE OF COPPER. (*Blue Vitriol.*)

*Dose*, as an astringent, one-fourth of a grain; five grains for an emetic. I do not use it.

FOXGLOVE, (*Digitalis.*)

This is a very important medicine as it prevents the use of the lancet. It operates on the heart to lessen the pulse to forty beats in a minute in some cases. It is used in fevers when the pulse are very quick, in dropsy, heart diseases, inflammation of the

lungs. *Dose.* Of the powdered leaves is one grain, and of the tincture from eight to sixteen drops.

#### SKUNK CABBAGE.

Good in asthma, catarrh, &c. *Dose.* One-half teaspoonful.

#### BITTERSWEET. (*Dulcamara.*)

This grows in swamps and on the banks of small streams. It has a woody stock and runs or winds itself on trees to a height of from twelve to forty feet. It is called wood-vine by some. The bark on the root is the part used. See Scrophulous Syrup and Bittersweet Ointment.

#### ERGOT.

This acts on the uterus and causes it to contract. It is given to hasten delivery, but should be used with great caution.

#### THOROUGHWORT. (*Eupatorium.*)

Taken cold it is a tonic, warm it is a diaphoretic, and in large doses it vomits and purges. Good for dyspepsia, debility cough and asthma, &c.



## LIQUORICE EXTRACT.

A piece held in the mouth and allowed to dissolve is useful in coughs. It is good to be combined with other medicine for a cough.

## MALE FERN.

This is known by some as sweet fern. It is a popular remedy for the tape-worm, and was used by the following physicians:—Galen, Pliny, Hoffmann and the most eminent physicians of France. It is used in the following manner:—The root is dug, and the bark is taken off and dried and pounded fine, it should be taken two teaspoonfuls at a time morning and evening and followed by a brisk cathartic the third day.

FENNEL SEED. (*Feniculum.*)

This is good for wind in the stomach, and with senna it is used to prevent griping. *Dose.* One-half teaspoonful steeped in warm water.

## GAMBOGE.

Gamboge is a powerful drastic purgative, and should be used in connection with other medicines.

## PATRIDGE BERRY.

This is used by some for table tea, and is

much better than that obtained from stores. It is astringent, useful in bowel complaints.

#### GENTAIN.

This is used as a bitter, it excites the appetite and invigorates the power of digestion. No medicine equals this as a tonic in any case of debility. It enters the tonic bitter. Many physicians of note use it alone as a bitter. See Tinct. of Gentain.

#### CRANESBILL.

An astringent useful in the diarrrhœa, when such is needed. *Dose.* One ounce of the seed, one pint and a half of water, boiled to a pint, from one to two ounces taken.

#### GUM GUAIAAC.

This is useful in rheumatism, and enters into the botanical tincture.

#### HOPS. (*Humulus.*)

Good to relieve pain, &c. It is of much benefit in dyspepsia and nervous diseases. It should be given in the room of opium, when opium does not agree with the patient.

#### ISINGLASS. (*Or what is called Fish glue.*)

This forms the basis of the English court-plaster.

ELECAMPANE ROOT. (*Inula*.)

This is good as a tonic in suppressed menstruation. It is good in chronic diseases of the lungs, and enters the vegetable compound which is of great value. *Dose.* One ounce of the root to one pint of boiling water, two ounces to be taken at a time, three times a day.

IPECAC. (*Ipecacuanha*.)

This forms one of the best emetics ever known, in tablespoonful doses. It enters the emetic powders. In small doses it is good in whooping cough, asthma, and as a diaphoretic combined with opium, Sub. Carb. Soda and camphor. See Resting Powders.

## BLUE FLAG.

Good as a purgative, but dangerous.

## JUNIPER BERRIES.

This is diuretic, and is used in dropsy, gravel, and for inflammation of the kidneys. *Dose.* One ounce of the berries, one pint of boiling water, the whole of which may be taken in twenty-four hours.

## KINO.

This is a powerful astringent, and is used

in diarrhœa when there is no fever present. Also for diabetes, and for bleeding from the uterus. *Dose.* Take two teaspoonfuls of the extract and pour on it one half pint of boiling water, one ounce to be taken at a dose.

#### LAVENDER.

The flowers is the part used. See Spirit of Lavender.

#### FLAXSEED.

A mucilage should be made by putting one half ounce of the seeds in a pint of water. It is of great use in catarrh, dysentery, nephritis and inflammatory complaints. The seeds pounded and mixed with water forms a valuable poultice for inflammation.

#### LOBELIA.

Lobelia is an emetic which is attended with much prostration, and should not be given alone. It enters into the emetic powders. It is useful in asthma, croup. See tincture of lobelia.

#### ARROW ROOT.

Take one table spoonful of arrow root,

water one pint. It should first be formed into a paste with a little cold water and added to the boiling with brisk agitation. This is good for sick and convalescent persons in bowel complaints and dyspepsia. For children it is prepared with milk, and sugar should be eat on it.

#### HOARHOUND TOPS.

This is a tonic, useful in diseases of the lungs attended with cough. An infusion is made with one ounce of the herb to a pint of water, given in wineglass full doses, three or four times a day. It enters the vegetable compound.

#### COWHAGE.

This is used to destroy worms, and should be given in the following manner:—Dip the pod in molasses and scrape off the hairs with the liquid until it is as thick as honey, of this give a teaspoonful every morning, for three mornings, and then give a brisk cathartic.

#### GARGET ROOT.

This is emetic and cathartic, as an emetic, it is slow in its operation, and attended

with much pain or spasms. In small doses, it acts as an alterative, and is a great medicine for rheumatism. Dose of the tincture is as follows:—Take of alcohol one pint, and add one ounce of the dried root pounded fine to the alcohol and let it stand one week. Take one teaspoonful three times a day and no more.

#### TAR.

Tar water is used for a cough in a chronic state. To make tar water, put any quantity of tar in a dish, turn on water and let it stand and drink from one half to a pint a day. It is useful as an ointment in salt-rheum and scaldhead. The dose of clear tar is one-half teaspoonful.

#### SUGAR OF LEAD. (*Acetas Plumbi.*)

This is useful as an eye water, for Saint Anthony's fire, &c. It is given internally by some physicians, but this is not needful.

#### MANDRAKE. (*Podophyllum.*)

This is an active and certain carthartic, and is a perfect substitute for mercury in all cases. See compound powder of Mandrake, also Mandrake pill. I would give

up all other medicines before this. *Mandrake*, may be had in a concentrated form, and possesses the same virtue. *Dose*. Six or eight grains, with as much cayenne.

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### Means of Promoting Health and preventing Disease.

One of the most important of all things is to know how to prevent disease, as preventive is better than cure. The world is much like the old quaker who fell into his mill-pond, and being unable to swim, he got hold of the end of a small log; it not being sufficient to bear him up, it sunk in the water, while the other rose up in the air; his eye caught the other end, and the thought came into his mind that if he could get to the other end he should be safe. He made an effort and got to the other end and that sunk also. Now it is very likely that if he had stopped in the middle he would have been safe. So it is with the world of mankind, they go to every extreme, while very few stop at the true point. Dr. Rush says, "physic is all we need." Thompson says, "puke



them." The regulars say, "give them calomel and they will live." The Homœopathist says, "give nothing, or their little pills made of the sugar of milk, and none will die." Graham recommends diet as all that is necessary for any man; while the Hydropathists cry, "pour on cold water."

We see some good in all, and some things that are without sense or reason. More mischief is done by improper diet, by dyspeptic persons, than in any other way. Dr. Mott, in one of his lectures, says, "all who have abused their stomachs will be brought to an account sooner or later." Many are great advocates for temperance in drinking, but eat such kinds of food as will prove much worse than moderate drinking would. There is an inconsistency in the idea of such temperance.

### TEMPERANCE IN EATING.

Health is a great blessing, yea, the greatest earthly one that we can enjoy. I think it proper here to show how we may preserve health and how regain it when it is lost.

When all the various functions of the body

perform their office with ease the person is said to be in health; when this is not the case it is not healthy. Many indulge in things which they know will cause disease, believing so fully in the skill of physicians. They will say, I can send for the physician if I am sick. Some will eat and drink, and say, if I am to die, or if heaven wills us to die, we shall die, and if not we shall live. Is this scriptural? Nay, it is absurd.

It is well for us to understand the relation between the body and mind. The body being diseased, the mind is affected by it more or less. Cowper is an example of this. He was sick, or of a weakly constitution, from childhood, and although a man of piety, as may be seen by his poetry and hymns of praise, which are spiritual in very deed, yet he died in despair, not knowing that his disease of body affected the mind. Hence we see that if we would feel cheerful and enjoy the mind in this life, we must enjoy health of body; and how great, yea, how important, that we should study to know the laws of our nature and labor to promote health. We often cause ourselves greater

torment and misery in this life than all the anger, malice and revenge of the greatest tyrant could inflict upon us. Look at faded youth and premature old age, a diseased body and an enfeebled mind, with all the long train of diseases, which the appetite and the senses have brought upon mankind. Says Dr. W. Beach, of New York, one of the best physicians in the world, and one of the best authors known, and one that I prize highest. I mean the author of the American Practice of Medicine, a work which every family should have and costs only five dollars. He remarks as follows on this subject. — “The great error into which many people have fallen, is that of eating too much at once. If the stomach be filled with a greater quantity of food than it can easily bear, or what is proper, its parts are stretched beyond their natural tone and rendered incapable of performing its digestive powers, the food being longer retained than by the laws of circulation it ought to be, and undergoing a disorderly fermentation, gives rise to crudities, sour eructations, flatulence, listlessness, headache and stupor; for the

stomach having an intimate connection with the brain and nervous system by sympathy, whenever one of them is disordered, the other seldom fails of partaking in the calamity. It is wonderful to see to what an age christians lived who retired from persecution into the deserts of Arabia and Egypt, living on very little food. The allowance was twelve ounces of bread and water to drink."

*Articles of diet for the healthy and sick.*

Bread made of unbolted wheat, or what is called Graham bread, made with emptings. Indian, rye, butter, potatoes and stewed fruit. Plain puddings, custard, milk, cocoa shells, made the same as coffee, weak black tea, fish, eggs cooked rare.

*Articles that should not be eaten.*

Coffee, green tea, lobsters, crabs, hot bread, mince pies and cakes, unripe fruit, pork and pork fat, pickels and nuts, tobacco in any form, not much cheese.

I once visited a lady whose life had been despaired of by a number of physicians, and after examination I recommended a proper

course of diet and she soon got well without any medicine, except black alder bark made into a tea. She had been eating hot Indian bread and pork fat. The disease was inflammation of the stomach.

### ANIMAL FOOD.

There are a number of opinions in the world with regard to animal food; the most of which I think incorrect. Nature supplies in each portion of the world such as is good for man. In the Torrid or Burning Zone, vegetables are more abundant, and the inhabitants should, and do live on them, because there is sufficient warmth in the system without animal food. In the Frigid Zone Nature has supplied them with animal food and not much vegetable food, and they live on that. You see that in that cold portion of the world something is needed to keep up the warmth of the system. We live in the Temperate Zone, and should live on both animal and vegetable food. The objection to this is, that animal food causes too much stimulus in the system, and causes a dark complexion of the skin. Animal

food gives physical strength, and that is what we want in this cold climate, to enable us to perform manual labor. Vegetable food does not increase the circulation and give strength, and those who use vegetable food have a stronger intellect. This may be true to some extent, but if we want a strong mind we must have a strong body. Cold meats are better than hot, which is true of all food and drink. The blood of a person who lives on animal food is richer, thicker and more stimulating.

### VEGETABLE FOOD.

This is much lighter than animal food, easy of digestion, and not so likely to putrify. Certain kinds of fruits are good for costiveness; such as potatoes, apples, plums, &c. The Irish, who live on potatoes, are a healthy people, and there is no doubt but that they would do better on such diet than we should.

When we speak of vegetable food we do not mean pies, cakes and sweetmeats; but roots, berries, plums, &c. Our fathers lived on beans, peas, porridge and hasty-pudding,

and were strong and hardy. Were we to use the same simple diet we might live healthy, yea, to good old age, and enjoy a sound mind and constitution.

The following remark came from a physician of Boston some twenty years (or less) ago. Speaking to one of his former students, he says; "the Thomsonians will never be popular with any but the middle and lower classes; and the homœopathists, or little pill-doctors, will be popular with the higher class; because the higher class use an improper diet and do not take proper exercise; hence, when they call a physician, all they need is diet, and exercise in the open air. The physician gives the little white pill, made of the sugar of milk, with a grain of medicine in a thousand or more of these pills, which cannot affect any one, if they should take of some kinds a pint. They give one or two, and recommend a proper course of diet and exercise in the open air, which is all that is needed.

No one can lay down a course for all, but each must judge for themselves what is best, judging by experience.



Much is said and written on diet, which is generally nothing but a hobby horse. The idea that we should live, as some say, on food such as hogs live on, is not worthy of our notice.

### COLD WATER.

Good water is of great importance for drink and many other purposes. Many diseases are caused by poor water, such as is found in our cities, and some places in the country. Hard or brackish water should not be used for drink, as many evils may arise from its use. Hard water will cause the gravel, dyspepsia and other complaints. Rain and snow water are pure, and spring water is the purest of any. Water should not be drank too cold when the body is heated, or in a state of great perspiration. Dreadful results have followed the use of cold water in hot weather. It often causes convulsions, and death follows quickly. When a person has drank too much cold water, give them a tablespoonful of number six, or what is called Thompsonian hot drops, in a little warm water. If this can-

not be had, give two teaspoonfuls of camphor in half a tumbler of any kind of spirits. The hands and feet should be bathed in cold water before any is drank. Care should be used when we drink water from brooks, that we do not drink lizards, &c. Root beer is a good drink for hot weather, made of the following articles:—spruce, dandalion, burdock, sarsaparilla, &c.

### ARDENT SPIRITS.

It would have been well for mankind if spirits had never been invented, but as it has been in use for a number of years, it is probable it will be used in some form as long as the world stands. It has done much good when used in a proper manner, but it has been used in a very improper manner by a certain class, which has proved one of the greatest evils ever known in the world. Strong liquors are not designed for common use, but for medical and mechanical purposes, and for such are of much value to the world. The Apothecary and Physician need them, and cannot do without them in preparing medicine, such as tinctures,

bitters, liniments, &c. There can be no doubt but there are constitutions who might use spirits with much advantage, if they would use it with that care that it should be used with. Some people within my knowledge are so strong that they would not use a particle, if they knew that it would save their lives; and have refused to take medicine that was prepared in it. I shall quote from other authors on this subject, and let each man judge for himself, as an honest man before God. The common result of an improper use of ardent spirits is, inflammation, gouts, rheumatisms, fevers, pleurisies, &c. Those who are in a healthy state do not need spirits. It inflames the blood, corrodes the coats of the stomach, impairs digestion, and causes the most dreadful diseases, such as ulceration of the liver or spleen, dropsy, apoplectic fits, palsy, madness, impairs the memory and destroys the judgment, &c. Dram-drinking is the worst way spirits can be used, as one glass makes way for another, and so on *ad infinitum*. The constitution soon shows its effect.

We next see in the person who has made

an improper use of it, dejection of mind, tremor of the nerves, face bloated, nose red, nausea, vomiting, flatulency, disordered stomach, liver enlarged. The habit is such that a person once in it finds it hard to get rid of the habit, as the system wants the excitement to which it has long been accustomed. The constant use of opium is not much better if used for a long time. The habit of drunkenness generally comes on from connection with a person who is already addicted to the practice, while idleness helps on the matter.

A landlord who was a moderate drinker, and who had a pair of swollen eyes, and wore a pair of goggles, asked a quaker what he should do for his eyes. The quaker said, "thee must put the brandy in thy eyes and put the goggles on thy mouth."

### WINE.

Wine free, or unmixed with alcohol, is of much use, and may be drank freely without harm. Our common wines have twenty-five per cent. of alcohol in them. Wine is one of the best of cordials, when not used too

freely. I use wine in the sinking stages of fever in the following manner, which we call wine whey; add two ounces of wine to four ounces of warm milk, and it forms a curd which may be removed from the whey, and give a tablespoonful every little while of the whey, or enough to keep up the strength of the patient. This is grateful and reviving, and is particularly useful in the low stage of fevers, and a preventive to putrefaction.

### BEER.

A constant use is as bad as alcoholic drinks in general, but in some debilitated constitutions it is useful.

### SPRUCE BEER.

This is a very cooling drink, and may be drank freely. It must be made of the leaves of spruce. A medical beer may be made of the following articles, which is pleasant, wholesome and useful to those who are troubled with humors, by those who desire to purify the blood:—Sassafras bark, Burdock root, Wild Cherry bark, Black or Tagg Al-

der bark and Spruce boughs.—Take of each a q. s. and boil a few hours; strain and sweeten with molasses, and add, when it is blood warm, yeast or common emptings sufficient to ferment it. This is good as common drink, and in all fevers it is of great use. Ginger added to it makes it better.

### AIR.

Few know the value of pure air, or the effects of impure air in causing disease. One of the most common causes of disease is impure air. When it is very impure it causes death in a moment. The Influenza is caused by impure air, and thousands are destroyed by it. The cholera is caused by it, I have no doubt; and contagious fevers also are taken by inhaling the atmosphere. In villages and cities disease is often taken into the circulation through the medium of the lungs, which is no wonder when we think of the filth and decaying substances from which a poisonous effluvia arises and is taken into the system by our breath.

*Carbonic acid gas* is found in wells, mines, &c.; in these places life becomes extinct in

a moment. This gas is the cause, or what makes the air impure. In cities it is present in much larger quantities than in the country. Before descending into a well a lighted candle should be let down, and if it goes out, it is evident that a person cannot live there. Many lives are lost every year by neglecting this precaution. To destroy this air in wells, slacked lime must be thrown in, with this the gas unites and forms a carbonate which renders the air pure.

The air in crowded assemblies soon becomes impure, which is not to be wondered at when we consider how much air one person renders unfit for breathing. It is calculated that a man will destroy the vital portion of four quarts of air in one minute. When the oxygen is consumed there is nothing left but nitrogen and carbonic acid gas, which is not capable of sustaining life. In prisons, and even by sleeping in close rooms with others, life is often destroyed. Stoves often prove injurious by destroying the vital portion of the air, producing headache, languor and other bad effects; they should nev-

er, therefore, be used in sick rooms, and, where they are used, the windows should be let down from the top, day and night, for the purpose of admitting fresh air. The same care should be taken to ventilate small sleeping rooms. Let any one return in a short time after leaving their sleeping room in the morning, and very little observation will show them that the air is not pure. Persons often faint in churches from the same cause. You see the importance of pure air in the sick room. I have found it almost impossible to persuade some to let in pure air for fear of taking cold. There is no danger of this if the sick person is kept covered up in bed and does not come in contact with the current of air so as to check perspiration. Cities, where the streets are narrow, the population large, with an accumulation of smoke, dust, filth, &c. are unhealthy. If they were built like ancient Babylon, with wide streets and the houses separated from each other by gardens and grounds planted with trees, &c., they would be much healthier. Trees are known to purify the air from the fact



that leaves breathe out oxygen, which is the only vital portion of air. They breathe out this during the day, and breathe in nitrogen and carbonic acid gas, and hence we see the importance of cultivating trees and plants about our houses.

Standing over a sick person a long time is very injurious; care should be taken not to take their breath. The floor of a sick room should be frequently wiped up and sprinkled with a little vinegar.

A change of air is often beneficial to many persons living in cities. Such should go into the country or to the sea shore, but never to large towns or cities.

The burning of charcoal is unhealthy because of the gas emitted which has caused the loss of many lives. Some attempt to burn it in an open vessel for the purpose of warming a room; this is very dangerous.

I once entered the room of a patient and found the air so confined that I could scarcely breathe, and yet it was with the greatest difficulty that I obtained permission to open the door to admit a little fresh air so that I

could remain. The doors and windows of a sick room should not be opened at random, but in a proper manner, remembering that there is a difference between the healthy and the sick.

### EXERCISE.

Exercise is essential to health as well as diet and pure air. The laboring man may find fault at his lot, as being hard; but this is not the case, if he is not required to labor beyond his strength. His sleep is refreshing, his appetite is good, so that he enjoys what God has given him to eat, and he lies down with a clear conscience.

It is not so great a blessing as many suppose to be free from labor, as an idle brain is the devil's work-shop, and he seldom leaves it. The happiest, healthiest, the kindest, yea the best in every sense, is the laboring class; and that class I mean to benefit by publishing this work. Were man to use a proper degree of exercise there would be but little need of medicine. Active exercise soon after meals is not good, nor to lay

down to sleep as some do. Late rising is very injurious, and should not be practiced, as the morning air is the best; many labor too much, some from necessity, and some from choice, but most from choice. Every female should labor two hours every pleasant day in the garden, or at some out-door work in the warm season.

### CLOTHING.

This is also of much importance if we would be healthy. Persons in a cold climate need much more clothing, than those in a warm climate, although custom has much to do with it. In youth more clothing is needed than in middle age, and not so much as in old age. The dress should be adapted to the season of the year. Woollen garments should be put on early in the fall and worn late in the spring, although the change should be gradual. Some are in the habit of wearing cotton, but nothing can be found equal to woollen to be worn next to the skin. Fashion has done much mischief in our world, and people must dress in fashion, no matter how hurtful, or how dangerous

to life and health. A suitable quantity of clothing should be worn. A person in a healthy state, and one who is full of blood, needs not as much as another whose blood is poor. Be careful that your clothes are perfectly dry before they are worn; and also, that bed-clothes are not damp, as they will be, if they have not been used for a long time. Woollen is the coolest and healthiest in summer. It is the coolest because it takes up the moisture from the body.

Dr. Buchan of England, says, "nothing can be more ridiculous than for any one to make himself a slave to fine clothes. If we were to recommend any pattern of clothes for a dress, it would be the Quakers, they are always neat and clean, elegant without superfluities. What others bestow on fine dress they spend in order to be clean. Finery is only affectation and often causes much dirt." No person of sense will respect you for your dress; then seek for comfort; guard well your health.

### CLEANLINESS.

In order to preserve health we must ob-

serve cleanliness. This duty is taught in the Scriptures of Truth, no man can be a christian without it, and the Jews had various washings as well as the Mahometans of the the present day. The want of cleanliness has no excuse, water being plenty, and all may use it freely. The skin which has numberless pores, from which sweat issues, and oil from the oil glands, washing all over twice a week at least is needful, and a change of clothes once a week. If this is not done the matter on the skin will be taken up again by the absorbents and produce disease.

The reason why the lower class in cities are subject to cholera and a great many other diseases, is because of their filthiness. The throat and mouth should be washed every morning with cold water and the head should be washed all over and rubbed for a minute or more. If the gums bleed and are spongy, wash them with tincture of myrrh. Some persons do not wash the feet more than once a year, if at all; they should be washed once a week at least, and stock-

ings should be changed once a week and in warm weather once a day. I would say a word about sleep and early rising, as they are of much importance to all. To repair the wastes daily produced on the system, we need rest to enable us to perform the labors before us. Without a proper amount of sleep the system becomes exhausted; the head aches, anxiety of mind, moroseness of temper, and debility of the nervous system. An over quantity of sleep injures the muscles and nerves; there is indolence and stupidity. Sleep requires some regulations as well as diet. Six hours of sleep in the summer is sufficient for a healthy person; in winter eight. A person out of health may need more, and in this habit has much to do. Children should have as much sleep as they want, and aged people the same. To make sleep refreshing, use proper exercise during the day and avoid strong tea at night and a late supper.

### OCCUPATIONS.

It is known that certain kinds of business are injurious to mankind, on account of the

material used or the state of the atmosphere, &c. Some of these are the following: Manufacturers of lead, Chemists, Glass-blowers, Miners, Painters, Gilders, Printers, Stonecutters, Millers, Type-founders, &c. Persons who study very much are apt to impair their health, and especially those who sit in an improper position, without proper exercise. Upon dissection it is found that the liver is soft, appetite poor and the intestines affected. Dr. Buchan gives good advice to those who lead a sedentary life: "Every one should cultivate one half acre of ground with his own hands. This he might dig, plant, sow and weed at leisure hours, and make exercise, amusement and profit." This is the best exercise, as it exercises every part of the body, and the smell of the earth and flowers revives the spirits and cheers the heart, and to have something from our labor in the harvest; not only this, but we eat more of roots and plants. It is the duty of every parent to look well to their children and choose such employment as is suited to the child; not only

what is most healthful, but what is best suited to their constitution.

## HEAT AND COLD.

Most diseases are caused by sudden changes from heat to cold. When cold is applied to the body in a state of perspiration, there is much danger; the pores are closed and the poison that should pass off, is locked up in the system and causes irritation, cough, pleurisy, rheumatism, &c.

This can often be prevented, by the change being gradual. Avoid sitting on cold stones, damp ground or cold baths, &c. Wet clothes are dangerous and should soon be removed; but if this cannot be done, keep in motion. Some will lie or sit down or even sleep all night with them on; this should not be done, as it is dangerous to health and life, often causing rheumatism, other diseases and death. *Wet Feet.*—This is fatal in some instances and should be avoided as much as possible. *Night Air.* Some persons are in the habit of sitting down after they have done the labors of the day. Night air should be avoided as far as pos-



sible, as the result of such exposure is attended with great danger. It often causes fever and a thousand other diseases. It is less labor to prevent disease than to cure it.

### DAMP BEDS.

Beds become damp either from their not being used, or standing in a damp house or room without fire. I have often taken cold by sleeping in damp beds in private families. Care should be taken to dry the sheets and linens of beds before being used, if they have not been used for a few weeks.

### FEATHER BEDS.

Although we love to rest on a downy bed, it is not healthy, and we should substitute the mattress for it, which is much more healthy. Persons who have a fever should never lay on a feather bed, but on a straw bed with a quilt spread on it, if they have not a mattress.

### COSTIVENESS.

Nature has provided certain outlets for

the purpose of carrying off the waste matter from the body, which if retained too long proves injurious. The bowels should be kept regular, that is, there should be one discharge every day at least. I attended one lady who used to go fourteen days without having any discharge from the bowels. To remove this a mild purgative may at first be given, and then an effort should be made to regulate the bowels by diet, such as rye pudding and molasses and indian puddings. A tumbler of cider before breakfast, I have seldom known to fail, or an egg broken in a tumbler with a teaspoonful of sugar and beat up and the tumbler filled up with milk and taken every morning when we first rise from bed. The bowels should be rubbed with the hand for fifteen minutes. The egg may be increased to four a day or more. Injections are good to bring away the contents and prevent irritation.

### THE LIVER.

The bile should pass into the *duodenum* without obstruction, but when it becomes

obstructed, it becomes a source of dyspepsia, constipation, nervous complaints, jaundice, &c. When the liver is affected in this way, we must avoid all high seasoned food, and meats must be let alone and vegetable food alone eaten. One or two Mandrake pills taken at night for a while, with proper exercise, will do all that needs to be done.

### KIDNEYS.

When there is a disposition to void the water often and but little passes at a time, it is evidence, that there is some trouble about the kidneys, and persons thus affected should use proper means to excite the kidneys to a healthy action. Juniper berries, Queen of the meadow, Clovers, &c., should be taken to excite the kidneys to a healthy action. Should there be a large quantity of water pass, we must use a different course of treatment, such as the inner bark of hemlock and wild cherry bark. The food should be lean meat almost entirely, with as little drink as possible.

### THE SKIN.

Sanctarious, an Italian physician, was the

first who directed the attention of the medical world to the secretions of the skin, which exceeds all others in weight; and must be considered in the treatment of disease, as a thing of great importance. No doubt but that a check of perspiration may be the cause of most of our diseases, and it is of great importance to keep up a healthy action of the skin. If we expose ourselves to cold, or drink too freely very cold water when heated it often causes lung fevers and many other diseases. From these facts we should avoid damp beds, wet feet, damp houses, bathing the body when heated, and sitting in a current of air or by the window. When perspiration has been checked, we must drink freely of warm drinks while covered warm in bed and take a dose of bilious pills, which restore perspiration much better than mercury and blisters or blood letting.

### BATHING IN COLD WATER.

Cold bathing is good for the following complaints:—Fevers, Chronic Rheumatism,

Hysterics, Palsy, Rickets, General debility. If after the application of water there is not a sense of warmth, it is injurious. Brisk friction must be used as soon as the water is applied in order to produce a reaction, or the result will be injurious. If the temperature of the body is below the natural standard, cold water should not be used, but blood warm water used in its room. Water for common bathing should be blood-warm. I am personally knowing to a number who have died by the use of the cold bath. What is called the tepid bath is the best. As soon as one gets out of the bath, they should be rubbed, and after being dressed should take a walk or some exercise which will help on the circulation. The warm bath is used in France for insanity, says Dr. Combe.

### THE HOT BATH.

By this we mean water as hot as the person can bear. This should only be used in fits, suppression of urine, gravel, cramp, bilious colic, and the like. It is very relaxing

and should only be used in cases of emergency, and not to remain in it over fifteen minutes at a time.

A vapor bath, or what we often call steaming, is of much use as a local application. I once was called to see a man who had a rheumatic difficulty which affected his knees, and caused them to swell to an alarming extent. I steamed them with cedar, by boiling the cedar in a kettle and placing the kettle under the knees and spreading a blanket over them. This I did every day, and used the oil of spike, which may be had at the shops, and he soon got well. This is useful in dropsy, rheumatism, affections of the skin, and diseases of the lungs.

### BATHING THE SURFACE.

When we consider that the whole surface of the body is constantly discharging morbid matter, and that it holds a very near relation to the lungs and stomach, we see the importance of keeping it clean. Bathing or washing the surface is of great importance in health, as well as disease, as it gives a free

circulation to the blood in the minute vessels of the skin, and promotes the growth of the muscles, increases the energy of the system, and prevents the liability of taking cold. The body should be bathed at least once a week, all over in weak ley, or soap and water, with brisk friction until the skin looks red, and we feel a degree of warmth. A favorable time for this is when we change our clothes. We can do more in this way in preventing disease than can be done to cure it with medicine.

### CHANGE OF CLIMATE—SEA VOYAGE.

Some think much of sea voyages, and they may do good in some cases, but more generally prove bad. I think if I had a disease which needed a change of climate I should travel by land, which is far the best, and my mode of traveling would be on horseback.

### TOBACCO.

Tobacco is used in a variety of forms in this country. Some snuff it up the nose, others smoke or chew, all of which proves injurious when used to excess. Tobacco is

a virulent poison, and three drops will kill a dog or cat in a few minutes. It was used in days past as a medicine, but it is so dangerous that it is not used now. It affects the heart to a great degree and will cause apoplectic fits. Chewing causes dyspepsia and other bad effects follow an immoderate use of it. Its effect on the nerves is seen and felt by all who use it, to a greater or less degree. It disturbs sleep, and affects the brain, injures the teeth, and its use injures both body and mind.

### SEXUAL INTERCOURSE, &c.

This is one of the most important subjects, although but few writers refer to it. Persons should never practice self-pollution, unless they wish to ruin their health and morals. Emitting the semen artificially by the too common practice of onanism, lay the foundation of many incurable diseases, as may be shown by the reports of the Lunatic Asylums, which declare it to be the cause of insanity in both sexes. Because people are married does not save them from venereal excess, as the laws of our nature remain the



same. Thousands are hurried to a premature grave, or made miserable while they live. This practice pervades all ranks, male and female, and but few are aware of its extent. Some physicians will say, when speaking on the subject—"What can be done? I dare not tell the parents for fear of offending them," although they know it is destroying life. Dr. S. B. Woodward, superintendent of the insane hospital for the last four years, says: "I have examined from ten to twenty-five cases every day, who have been the victims of this debasing habit, and it prostrates all the energies, *moral, mental* and *physical*, together with insanity."

It influences in prostrating the mind, causing consumptions; it effects the spine, weakens the stomach, causes nervous headache, and a vast number of other diseases not proper to mention here. It is equally opposed to moral purity and mental vigor; it keeps up the influence of unhallowed desires; it gives the passions an ascendancy, and fills the mind with corrupt images and transforms the victim to a filthy and disgusting reptile.

Read Tissart, and Graham's advice to the young, and you will abandon the practice at once.

### FALLING OFF OF THE HAIR.

This is caused by excessive action of the brain, intense study, and humors. Nothing better than bathing the head in cold water, and rubbing it with the hand. Many pounds of hog's fat are sold every year to grease the head, which is of little use, nor the patent medicines now so highly puffed in the papers.

### BLEEDING OR BLOOD LETTING.

I am glad that this inhuman practice is getting out of fashion. It occasions many diseases and cures none. It was very common to take from five to seven pints in twenty-four hours, and repeat it often. But physicians began soon to see the dreadful consequences of blood letting and the most have abandoned it. I have not had occasion to bleed but once for six years, and that might have been avoided. Bleeding in pleurisy is common, but is not of any use, as it

can be cured much quicker and much better without it. The effects of blood letting are as follows;—when there has been much blood taken from a person, they are apt to faint. At first the countenance becomes pale, impaired energies of the brain is seen, breathing becomes hard, gasping, feeble pulse, heat of the body is gone, and at last the patient gasps and expires. Next after fainting is convulsion, which is caused by the brain being deprived of blood. Next to convulsion is delirium, which often follows blood letting. It is not unfrequent for death to follow it sooner or later. Gen. Washington had nearly ninety ounces of blood taken from him in twelve hours, and twelve grains of calomel, five grains of tartar emetic were given internally and blistered; he died, and who wonders?

*Treatment when a person has lost blood.*

1. Lay the person on a bed in a recumbent position so that the blood may return to the heart and lungs.

2. Administer ten drops of spirits of hartshorn, in a little water or brandy.

3. Dash water in the face, and camphor or spirits of hartshorn should be held to the nose, and all tight clothes removed.

4. Give fresh air, and when the person has recovered give tonics and proper diet, also a plenty of repose.

### NOSTRUMS AND PATENT MEDICINES.

I think it proper here to say a few words with regard to patent medicines, as the world has been humbugged and imposed upon long enough. I have taken great pains to get receipts, and have paid large sums of money to obtain them, but they are seldom of any value, and on the whole are perfect humbugs. Says Tissart, "a universal remedy for all diseases is an absolute imposition, as such a remedy is impossible." Did people know the ingredients of patent medicines they would not use them, or at least would lose all confidence in them. Secresy in the mind of the ignorant, stamps great value on the medicines, and impostors know this. We would make some allowance as the sick find but little benefit in taking calomel and other poisons, and hence fly to

patent medicines for relief. Most worm lozenges contain mercury. Most syrups and panaceas, which are said to be vegetable, contain *corrosive sublimate*.

It is astonishing to see what art is used to deceive the public. One thing may be taken for granted, that a physician that thinks much of his character, or has much skill will have business enough at home and will attend to it.

The Welch Medicamentum, of which it is said, if a person uses it he will never need the healing art, is nothing but a compound tincture of aloes. Many medicines contain *arsenic*, or ratsbane. One medicine, sold for dyspepsia, contains *prussic acid*; an acid so poisonous that one drop on the tongue produces instant death. Our voices should be raised against all such medicines as loud as the thunders of Mount Sinai. It is no evidence in their favor that they have certificates, for the most of these are forged. I ask, what consciences have such men, who not only attempt to cheat us of our money but would rob us of our lives? Says Beach

of New York, "the whole land is flooded, from Dan to Beersheba, with quack medicines, and it is not known what amount of injury they may do to the human family. If the people will take them let them be humbugged."

*Electricity* is recommended for the cure of all diseases, but I have not much faith in it in any case whatever. I might use it in palsy when all other remedies had failed.

### THE PASSIONS.

The connection between the body and the mind is such as should be understood by all. If one is affected so is the other. The connection is truly astonishing. I shall speak of love, grief, fear and anger.

*Love.* — Love is of two kinds, love to God and love of the creature, or carnal love.

*Love to God* is the most noble and heavenly passion that can be found in man. Love to that Being who is love, is the only true source of happiness to man, and constitutes a heaven in the human breast, while *anger* makes a hell. It is a fact known to many, that the most inveterate diseases which have

defied the skill of all physicians, have been removed by that love which follows the pardon of sin, while anger has brought on incurable diseases. What a motive have we, then, to love God.

*Carnal love.* — A person becomes attached to a female, and at first it may be disinterested love, but by degrees it may become a carnal love. How few there are who marry for love. Carnal love will cause disease, the symptoms of which are as follows:—melancholy, love of solitude, sighing, wakefulness, &c. It sometimes causes dyspepsia, hysterics, fevers and often mental derangements, and ends in suicide. To cure this, keep away from the loved one, think of other objects. A voyage or journey is of much benefit. Mix with cheerful company or recreation, and above all avoid *novel reading*, which is a fruitful source of this evil. We might mention parties of pleasure as another cause of the evil. So long as we expect to succeed the trouble will continue; then let hope die and love will die with it. I have seen more than a score made miserable by

disappointment. The best of all remedies is to place your affections on the Creator and study the Word of Divine Revelation.

*Grief.* — Grief consumes slowly and undermines the constitution. The symptoms of grief are, languid circulation, contraction of the heart, unequal pulse, paleness, fretfulness, loss of sleep and appetite. Sometimes it causes fits and mental derangement, miscarriage, &c. *Treatment.* Give a potion of the resting powders, when first attacked, and a potion of physic. The person should not be left alone as solitude increases the disease. Religion is the best solace for a grieved heart. Change of scenery is good. Beware of ardent spirits, a resort to which many fly for relief.

*Anger.* — This passion has a powerful effect on the system. Persons under its influence often rage with great fury and seek revenge, which proves injurious to their health and morals. The symptoms attending anger is a determination of blood to the brain, redness of the eyes, foaming at the mouth and great agitation of the whole body.



Sometimes it causes fits and a rupture of a blood vessel, and other things much to be dreaded. *Treatment.* First drink a tumbler of cold water and hold water in the mouth. Second, throw water over the whole body. Third, avoid all stimulating drink and keep perfect silence. Fourth and last, we would recommend religion as a perfect antidote.

*Fear* causes a quick pulse, convulsions, fainting and death. Fear causes the hair to turn grey. If fearful in thunder storms, sit in the middle of the room. Fear of ghosts should be remedied by teaching children the folly and absurdity of it.

*Joy.*—Sudden joy often causes death. Laughter is connected with joy and may rupture a blood vessel in the lungs, &c.

*Envy, hatred and malice*, all tend to injure the person who indulges in them, and should be avoided if we desire a sound mind and a healthy body.

*The relation between body and mind.*—Sudden news affects the heart and destroys the appetite. Sudden news killed Philip V. The doorkeeper of Congress died on hear-

ing of the surrender of Cornwallis. Eminent public speakers have died amidst excited emotion. Hundreds of such cases might be named in proof of the connection between the body and mind.

### CONTAGION.

Many contagious diseases might be prevented by proper care and attention. Any person supposed to have a contagious disease should be removed to a distance from all others save those needed as attendants. Sick persons should have a room by themselves. Great attention should be paid to cleanliness. All dirty clothes should be removed and all discharges from the bowels should be removed as soon as possible. Never go with an empty stomach into a sick room. If I were exposed to contagion, I should dip my flannels in sweet oil, and take a potion of sweet oil twice a week, which is said to be an antidote for contagion. Chloride of lime sprinkled in a room, or a little in a cup, placed there, will destroy contagion.

## RULES TO PRESERVE HEALTH AND PREVENT DISEASE.

1. Temperance is the first, and is all-important in eating and drinking. 2. Exercise. Walking is the best, and riding for those who cannot walk. 3. Breathe pure air, keep clean, use plain food, use proper means to prevent costiveness and avoid taking cold.

## MERCURY.

Says Dr. James Hamilton, "among the numerous poisons which have been used for the alleviation of disease, there are few which possess more active, and of course, more dangerous power than mercury. Even the simplest and mildest form of that mineral exert a most extensive influence over the human frame, and many of its chemical preparations are so deleterious, that in the smallest doses they speedily destroy life." It is prescribed by physicians on every trifling occasion."

Why do physicians give mercury? is often asked. I will answer this question in as plain a manner as possible and give its effect

on the system. When a physician is called to see a patient, it often happens that he does not know what the matter is, hence he says, I will give calomel and that will produce fever, which is its first effect, and then I will cure the fever. The powders which are given are as follows:—calomel 1 grain, ipecac 2, opium 2, to be taken every six hours till there is soreness about the throat, &c. Now it should be remembered, that it does no good until this is effected, which takes in some cases one hundred grains, while in others it takes only one dose. You will see that there is no certainty in the medicine at all. The effect on the system, when it salivates, is awful. If we take it in any form and expose ourselves to cold or the damp air, it produces debility and irritation of the whole system, and great anxiety, which renders life a burden. It causes diarrhea and bloody discharges from the bowels. Says Dr. Anthony Humm of Kentucky, “this is an era of calomel. The medical world might dispense with every other drug besides it. I own it is cheap and easy to the physician,

for the whole extent of the practice is, give calomel. If it will not help, give calomel; if this fail, give more; if he gets well, it has cured him; if he dies, nothing on earth could save him. It is said by the medical world that mercury cures all the ills that flesh is heir to; or, as it is said, it is the Sampson of the *Materia Medica*."

*Zinc* and *Antimony* are poisons to be dreaded when given as a medicine. *Ratsbane* or *Arsenic*, a few grains soon destroy life. *Iodine* kills more than it cures, and should not be used.

My limits are such that I cannot say all I want to say on the uses of minerals generally.

## SURGICAL OPERATIONS.

It is very fashionable to cut, at the present day, among surgeons, but I think it seldom necessary, if proper means are used. It is customary to amputate a limb when mortification takes place, but as it is not done until the mortified part comes off, I see no reason for doing it then, as nature will cure if left to herself.

*White Swelling.* There is no need to cut for this as it can be cured without it. The same is true of cancers.

Dr. Beach, speaking of the common practice, says, "the principal and almost only remedies (if such they may be called) resorted to by physicians in this day, are *mercury, salts, bleeding* and *blistering*. I shall not consume time here to descant on the impropriety and injurious effects of such practice, this has been farther exemplified in other parts of this work. It is sufficient here to observe, that instead of such treatment proving beneficial, by aiding nature to overcome the disease, it counteracts her salutary efforts, and either destroys the patient, endangers his life, or protracts his complaint; and should his constitution be sufficiently vigorous to withstand the combined influence of these 'Herculean remedies,' or, in other words, should the patient recover in spite of them and the violence of the disease, the subsequent effects injure or ruin his health.

"The practice is certainly absurd and irrational; and I ask, is it not preposterous

in the extreme, and can it be supported by argument, reason, experience or facts. When a person is attacked with a fever, the whole sanguiferous system is stimulated or aroused to throw off or cast out the enemy, and she invariably points to certain doors, outlets or excretions of the system, as the only natural and proper passages through which such an enemy must be driven from the system; and it is the province of the physician to aid her in this wise and well established effort and intention; but when such means are made use of, instead of rendering her the necessary assistance, her powers and energies are entirely crushed, weakened or diminished; first by bleeding, second by administering a poisonous mineral, mercury, and thereby corrupting the fluids and inducing another dangerous disease, perhaps worse than the first. I am satisfied that mercury and bleeding, in febrile as well as other diseases, bring on a contaminated state of the blood, and dangerous, if not fatal debility."

## ANATOMY.

## CHAPTER I. — GENERAL REMARKS.

1. *Anatomy* is the science which treats of the structure and relations of the different parts of animals and plants.

2. It is divided into *vegetable* and *animal* anatomy. The latter of these divisions is *Human* anatomy, which considers human beings exclusively.

3. *Physiology* treats of the functions or use of the organs of animals and plants. Another definition is, "the science of life."

4. *Human* physiology describes the vital functions of man.

5. *Hygiene* is the art or science of maintaining health, or a knowledge of those laws by which it may be preserved.

6. *Disease* consists in an unnatural condition of the bodily organs and is in most cases under the control of fixed laws, which we are capable of understanding and obeying. Disease is the penalty for violating physical laws. If we cut or bruise our flesh



pain and soreness follows, to teach us to be more careful in time to come. If we take improper food, we feel a friendly pain, to let us know that we have violated an organic law. If we possess good constitutions, we are responsible for most of our sickness; bad constitutions or hereditary diseases are but the results of the same great law; the iniquities of the parents being visited on the children.

In view of the subject, how important is the study of Physiology and Hygiene. For how can we expect to obey laws which we do not understand?

## CHAPTER II. — STRUCTURE OF MAN.

1. In the structure of the human body, there is a union of fluids and solids. They are essentially the same, for one is readily changed into the other. Fluid contains solid matter and solid matter fluid. In youth fluids are more abundant than in advanced life. For this reason the limbs in childhood are soft and sound, and in old age hard and wrinkled. The fluids contain the

materials from which every part of the body are formed, and also a medium for conveying the waste, decayed particles of matter from the system. They have various names, according to their nature and functions; as blood and the bile. The solids are arranged variously; sometimes in *fibers* (threads.) Sometimes in *lamine* (plates.) The parts of the body are arranged in *fibres*, *fascic-u-li*, *tis-sues*, *organs*, *apparatus* and *systems*.

A *fibre* is a thread of exceeding fineness. A *fasciculus* is several fibres united. An *organ* is composed of tissues so arranged as to form an instrument for action. The action of an organ is called its function of use. An *apparatus* is an assemblage of organs designed to produce certain results. *Example.* — The digestive apparatus consists of the Teeth, Stomach, Liver, &c., all of which aid in the digestion of food.

### CHAPTER III.

#### CHEMISTRY OF THE HUMAN BODY.

1. The elements of the human body are divided into *metallic* and *non-metallic* sub-

stances. The *metallic* substances are *potassium*, *sodium*, *calcium*, *magnesium*, *aluminum*, *iron*, *manganese*, and *copper*. Non-metallic, *oxygen*, *hydrogen*, *carbon*, *nitrogen*, *silicium*, *phosphorus* *sulphur*, *chlorine* and a few others.

2. *Potash*, (Potassium) is found in the blood, bile, perspiration, milk, &c.

3. *Soda*, (Sodium) in the muscles, and where potash is found.

4. *Lime*, (Calcium) forms the principal ingredient of the bones. The lime is combined with phosphoric and carbonic acid.

5. *Magnesia*, (Magnesium) exists in bone and brain.

6. *Silex*, (Silicium) in the hair and secretions.

7. *Iron* forms the coloring principle of the blood and is found in all parts of the system. (All of the above are united with Oxygen.) *Oxygen* is contained in all of the fluids and solids of the body. It is taken into the system by our breath. It is expelled in the form of carbonic acid and water from the lungs and skin and other secretions.

*Hydrogen* is found in all the fluids and solids of the body. It is derived from food and drinks. It is removed by the agency of the kidneys, skin, lungs, &c.

*Carbon* is an element in the oil, fat, albumen, fibres, gelatin, bile and mucus. It is also found in the impure blood in form of acid gas.

*Nitrogen* exists in most animal matter.

*Phosphorus* is mostly contained in the bones.

*Sulphur* exists in the bones, muscles, hair and nails.

*Chlorin* is found in the blood, gastric juice, milk, perspiration and saliva.

*Albumen* is found in the body, both in a solid and fluid form.

*Observation.*—The white of an egg is composed of albumen and may be hardened by alcohol; it enters largely into the composition of the brain.

*Tinbrin* exists in the bile, chile and lymph. It is the basis of the muscles.

*Gelatin* exists in nearly all the solids. It is the substance of which glue is formed.

*Mucus* is a fluid secreted by the glands.

## CHAPTER IV. — THE BONES.

The bones are composed of both animal and earthy matter. They are formed from the blood and are subjected to several changes before they are perfected. At first they resemble cartilage or gristle. The fibrous membrane that covers the bones is called *per-i-os-te-um*; that which covers the cartilage is called the *per-i-chon-dri-um*; that which covers the skull is called the *per-i-cra-ni-um*. The teeth are covered with enamel.

There are two hundred and eight bones in the human body besides the teeth. For convenience they are divided into four parts. 1. The bones of the head. 2. The bones of the trunk. 3. The bones of the upper extremities. 4. The bones of the lower extremities.

The bones of the head are divided into the skull, ear and face. The skull is composed of eight bones. The skull, or cranium, is united by ragged edges, called sutures, thus producing what is called in carpentry dove-tailing. The ear has four very small bones. They aid in hearing. The face has

fourteen bones, some of which serve for the attachment of powerful muscles and are used to masticate food.

The trunk has fifty-four bones; twenty-four ribs; twenty-four bones in the spinal column, (back bone); four in the pelvis; the sternum, (breast bone,) and the *os-hy-oid-es*, (the bone at the base of the tongue). They are so arranged as to form, with the soft parts attached to them, two cavities called the thorax, (chest,) and abdomen.

The thorax is formed by the sternum in front and the ribs at the side, and the twelve dorsal bones of the spinal column. The natural form of the chest is a cone, small at the top and large at the bottom, but fashion has reversed it. This cavity contains the lungs, heart and large blood vessels. The sternum, or breast bone, is composed of eight bones in a child, and three in an adult. In extreme old age it becomes one. The ribs connect with the spinal column.

The spinal column is composed of twenty-four pieces of bone, each piece called a *vertebra*; the spinal column, or pith of the back

bone, is called *me-dal-la spi-na-lis* (spinal chord.) We may learn much by examining the cat, dog, woodchuck, &c.

The pelvis is composed of four bones; the two *in-nom-i-na-ta*, (nameless bones,) or hip bones, have in them a deep socket, like a cup, in which the round head of the thigh bone is placed, which is called *ac-e-tab-u-lum*. The *sacrum* is a wedge shaped bone and is placed between the *innominata*, just below the lower joint of the back bone. The *corcyx* is the lower extremity of the spinal column.

#### CHAPTER V. — SAME SUBJECT CONTINUED.

The upper extremities contain sixty-four bones; the *scap-u-la* (shoulder blade;) the *clav-i-cle* (collar bone;) the *hu-mer-us* (first bone of the arm;) the *ul-na* and *ra-di-us* (the two bones below the elbow;) the *car-pus* (wrist;) the *met-a-car-pus* (palm of the hand,) and the *pha-lan-ges* (fingers and thumb.)

The clavicle is attached to the breast bone at one end and at the other to the shoulder blade. The wrist is composed of eight bones, and the palm of the hand of five.

The lower extremities contain sixty-four bones. The *fe-must* (thigh bone;) the *pa-tel-lar* (knee pan;) the *tib-i-a* (shin bone;) the *fib-u-la* (small bone in the back of the legs;) the *tar-sus* (instep, which is composed of seven bones, two in the heel;) the *met-a-tar-sus* (the middle of the foot,) and the *pha-lan-ges* (toes.)

## CHAPTER VI. — THE DIGESTIVE ORGANS.

The digestive organs are the mouth, teeth, glands of the mouth, stomach, intestines, milk vessels, liver and sweet bread. The salivary glands are six in number, three on each side of the face or jaw. They are called *pa-rot-id*, *sub-max-il-la-ry* and *sub-lin-gual*. *Remark.* — In mumps the parotid gland is affected. The swelling under the tongue, called the *frog*, is a disease of the sublingual gland. The esophagus is a membranous tube that leads from the mouth to the stomach. The diaphragm is a membrane separating the stomach from the bowels, and the stomach is situated on the left side just below this. The entrance into the stomach is



called the *car-di-ac* orifice, the other, connected with the small intestines, is called the *pi-lo-ric*. The stomach has numberless glands which secrete the gastric juice. The small intestines, or alimentary canal, is about twenty-five feet in length, and is divided into three portions, the *du-o-de-num*, about twelve inches long, the *je-ju-num*, and the *il-e-um*. The large intestine is about five feet in length and is called the *ce-cum*, *co-lon*, and *rec-tum*. The liver is the largest gland, and lies on the right side just below the diaphragm. It secretes a fluid, or bile, from the gall through a little duct, into the duodenum, just below the stomach. The pancreas is a flattened gland, about six inches long, weighing about four ounces. It is situated on the back part of the abdomen, and has a duct that discharges into the duodenum. The spleen (called milt) the use of which is not known. The omentum, or call, is used to facilitate the worm-like motion of the bowels.

*Digestion.* — In the process of digestion, the food is subjected to five changes. 1st. The chewing and admixture of the saliva

with the food; this process is called mastication. 2d. The change through which the food passes in the stomach by its muscular contraction, and the secretion from the gastric glands; this is called chymification. 3d. The conversion of the chyme by the agency of the bile and pancreatic secretions into a fluid of milk-like appearance; this is chyli-fication. 4th. The absorption of the chyle by the lacteals, and its transfer through them and the thoracic duct, into the subclavian vein at the lower part of the neck. 5th. The separation and excretion of the residuum, or waste matter.

*The Skin*, to the naked eye, has the appearance of one membrane, but it has two, the *cuticle* and the *cutis vera*, the outer skin and the true skin. The outer skin has no nerves and hence no feeling. The *cutis vera* contains arteries, veins, nerves and oil glands, perspiratory glands where the sweat passes out. There are about 2800 pores on a square inch of skin and about 9000,000 on one man.

*Remark.*—The difference between the

white man and the negro is in the skin, caused by the coloring matter in the skin. P. S. I do not think it proper to say any thing more on this subject at present; I only wished to give a little light to those who had no chance to study Physiology, &c. I would recommend to all to buy Cutter's Anatomy and Physiology, in my opinion the best work on that subject now in use.

## INTRODUCTION TO PART II.

From a full conviction that the science of medicine, though simple in itself and easy to be understood by the common people, has for a long time been hid from them by that class of men who would profit by their ignorance, I feel it my duty to give all the light I can on the subject, by placing it before the world in a small volume, which may be purchased by the poor as well as the rich. I intend to make the subject as plain as language can make it. I have read a number of small works on the subject but must acknowledge that with all my researches I have not been able to understand them to

any profit. I have read the practical part of five different modes of practice. Allopathic, Hydropathic, Homœopathic, Thomsonian, Eclectic, and have studied with an Indian doctor. I think, after having pursued a thorough course of study in all the above modes, and having had a number of years of successful practice, I can give some light on the subject that will be of great advantage to the world. The remedies that I shall reveal to the public are not the production of the ignorant, but of the best physicians and surgeons of the United States, England and France, and other parts of the world. I shall not confine myself to any one mode of practice but shall select from all, such as I have found best. I shall give in this work two receipts, either of which is worth more than \$100 to any family. One is the great Cholera medicine, the other is the Cherry Pectoral, the greatest medicine ever known for coughs and consumption.

### THE ANCIENT PRACTICE.

The ancient practice of medicine may be

divided into three classes:—Empiric, Galenic, or Botanic, and the Chemical.

1. The Empiric. — By turning to the history of the primitive ages of the world, we find that medicine and astronomy were the first sciences attempted by man. At first it appears to be little else than a collection of absurd superstitions. It associated the idea of religion with it, and hence resort was had to charms and incantations. Ignorant priests, magicians and astrologers were the only physicians. Experience soon taught the sufferers that to cure their maladies they needed something more than ignorant and superstitious priests. After this persons who were sick were placed at the corners of the streets, so that travelers passing might examine them and give the result of their experience. When remedies were found in this way they were written on pillars and dedicated to the gods of health. Esculapius collected all the remedies known in his time and built a temple in which they were suspended for the public good. This was the commencement of the healing art in a systematic form.

2. The Galenic. — Hippocrates, who was born about seven hundred years before Christ, effected a wonderful revolution in the practice of medicine and reduced it to a science. In the year 131, of the Christian era, Galen, a remarkable genius, was born in Asia Minor. He was instructed in all the learning and philosophy of the age, and obtained a popularity which surpassed all others. He deviated from the beaten path, rejected the popular systems and selected what he deemed best from other sects. So great was the opposition raised against him by the popular physicians, that he left Rome, but was soon called back by the Emperor, who placed two of his sons under his care. His system lasted fourteen hundred years. It was a vegetable system, although he resorted to blood letting.

3. The Chemical. — In the year 1493, in Switzerland, arose Theophrastus Bombastus Paracelsus, the great prototype of all succeeding quacks. It was he who first introduced quicksilver, or mercury, as a medicine, and all who used it were denominated quacks. This individual succeeded in overthrowing Galen's

system and introducing the mineral. He burnt the works of Galen and boasted that there was more knowledge in his little finger than in the whole of Galen. He also said that if God would not reveal the secret of medicine to man it was right to consult the Devil. He professed to have discovered the elixir of life, which would prolong it to any extent. He died at the age of 48, a miserable vagabond. Such is the character of the man to whom we are indebted for the present system of practice, called regular.

We may sum up the whole history of medicine, from the earliest time to the present, in the language of that great and good man, John Wesley, as contained in the following extract from his writings. He says, "at first the healing art was simple and confined to the common people, but in process of time men began to theorise and search the mineral kingdom until the common people could not understand the healing art."

Mr. Wesley was a physician as well as the founder of the numerous sect called Methodists.

## THE MODERN PRACTICE.

Under this head may be enumerated five classes. — 1. The common or *minéral practitioner*. 2. The *Thomsonian*. 3. *Homœopathic*. 4. *Nostrum mongers or secrets*. 5. *The Reformed or Botanic*. The mineral or Allopathies are those who use calomel or some form of mercury, the knife and the lancet; this treatment only tends to retard the progress of nature, and in nowise assist. Thomsonians are of two classes. No doubt that there is some good things in Thompson's mode of practice, but the idea of giving *lobelia* for plaster, pill and poultice, seems to be absurd.

I shall come to the causes, symptoms and cure of disease.

Intermittent Fever, Fever & Ague, or Chills & Fever.

(*Febris Intermittens*.)

*Description*. — This title is applied to that kind of fevers which consists in paroxysms, between which there is a perfect intermission of febrile excitement.

*Causes*. — Effluvia arising from stagnant



water. Those who reside near marshes and in low damp portions of the country are the most subject to this fever. Persons in the southern and western States are most subject to this fever.

*Symptoms.* — This fever has three stages : 1st, Cold. 2d, Hot. 3d, Sweating stage. It commences with pain in the head, back, and sometimes great sickness and vomiting, which is succeeded by violent shaking. After a short period the heat of the body returns far above its natural standard. The pulse is quick and hard, and the thirst is great. The moisture at last breaks out and the patient feels quiet again. Sometimes it causes persons to lose their reason by spells.

*Treatment.* — The first object should be to stop the chill, by using proper medicine before the chill comes on. The stomach must first be cleansed by an emetic and that followed by a potion of physic, (all medicine or compounds mentioned, will be found under the head of compounds, in another part of this work.) Give the emetic powder to an adult, one-half of a teaspoonful every 15

or 20 minutes until it operates; then give of mandrake root pulverized and of cream of tartar equal parts mixed, a common teaspoonful in a cup with sugar and water. As the cold stage comes on give hot drinks, &c. As soon as the cold stage passes off reverse the treatment. Remove the bedclothes and give cold drink. If vomiting occurs, take a teaspoonful of salerætus and put it in a pint of strong spearmint tea, and give one tablespoonful as often as vomiting occurs. If this fails add ten drops of laudanum to every dose until you have given 60 or 70 drops. Give also the cholera drops. After the stomach has been cleansed, and the patient is easy, that is to say, free from fever and chills tonics or bitters, wine bitters and other strong tonics must be given, but be sure to discontinue their use when the chill returns.

P. S. It should be remembered, that in all fevers, when heat or fever is present, that great benefit will be found by bathing the patient all over with weak lie, salerætus water, or, what is better, sal soda.

## REMITTENT FEVER.

This fever is much like the Intermittent Fever, only the paroxysms do not go off fully, before another comes on. It may be distinguished from typhus because it is more inflammatory.

*Symptoms.* — Pain in the head and back, dejection of spirits. The eyes and skin become yellow, and a sense of fulness about the stomach. The water is scanty and yellow, skin dry and hot. After these symptoms continue for a short time the fever goes off, but not entirely. After two hours or more the fever comes on worse than ever.

*Treatment.* — 1. If the stomach is disordered give the emetic powders as directed under the head of compounds.

2. *Purgatives.* — After the operation of the emetic, that is, when the stomach has become settled, give the billious pills, 3 to 5 as the case may require. The physic to be given once in two days. *Sweating medicines* should be given as the case may require, that is, sufficient to keep the skin moist, as this will prevent the necessity of bleeding.

The feet should be often bathed, or what is called soaking them in warm water. The surface should be well bathed in salerætus water or weak lie. *Drinks*, such as slippery elm, mint or spearmint, catnip, &c. (Drink freely of cold water in all fevers.) *Anodines*, (or medicines that give rest.) — Give the resting powder, which you will find under the head of compounds. A small teaspoonful may be given at bedtime in tea or jelly. I have given a general treatment, and now I will speak of particular symptoms. — *Head-ache*. — For this bathe the head with cold water or vinegar and water, add a little salt. *Vomiting*. — For this give spearmint and salerætus or the cholera drops, one teaspoonful. *Local pain*. — For this use a fomentation of bitter herbs, and mustard plasters. The diet must be light.

### INFLAMMATORY FEVER.

This fever is caused the same as other fevers. This fever is characterized by great inflammation, dizziness and pain in the head. The eyes become red and will not bear

light. The attacks are very severe. Sometimes the bowels are swollen, the tongue dark or brown at the edges, and a white coat in the middle.

*Treatment:*—Bleeding is the common practice, but it is dangerous, and should never be resorted to, as it endangers life, and tends to destroy it. — 1. Give an emetic like the one described in the compounds. Bathe the surface well with an alkaline wash. Bathe the feet often, and put on horseradish leaves or onions that have been roasted, or mustard plaster, &c. For drink give thin indian gruel: also cream of tartar and sugar. There is no danger of drinking too much cream of tartar. Keep the head cool. When there is great restlessness give the resting powder, a small teaspoonful at bedtime. If the symptoms are violent give physic every other day. After this course has been followed two or three days, if the pulse is strong and full give the tincture of Foxglove, 10 to 12 drops three times each day. This is a good substitute for bleeding, as it lessens the pulse. Diet must be very light.

## TYPHUS OR NERVOUS FEVER.

The word typhus is derived from a Greek word which signifies stupor. This fever is distinguished from other fevers because it affects the nerves. It is caused by whatever depresses the spirits or impoverishes the blood. It may be occasioned by sudden changes in the weather, improper food, damp houses and filth. This fever is contagious, especially if we expose ourselves after we have been subject to the contagion. There are three species of this fever. The first is *Typhus mitis*. Second *Typhus gravior*. Third *Typhus icterodes*, or yellow fever. This is called sometimes Typhoid fever, of late days, when the bowels are very much affected, and has the appearance of low billious fever.

The yellow species does not come here only as it is brought here by ship's crews and individuals. I shall not make the three divisions, but describe it in one, and give the treatment for all the symptoms as they may occur.

*Symptoms.*—It usually commences in a mild form at first. There is generally a loss of appetite, chills, sickness at the stomach,

and an unpleasant feeling in the pit of the stomach. As the disease progresses there is pain in the head, confusion of intellect and great depression of nervous energy. Fainting when the patient attempts to set up. The tongue is dry at first and white, and afterwards coated with a dark brown fur. The teeth are also encrusted with the same. There is a small, low and frequent pulse. Bowels are costive; patient is restless and fretful; sleep disturbed and unrefreshing and more or less deafness. This continues about one week, then great prostration follows, and a wasting of the body and starting of the tendrons.

*Treatment.* — If called in the first stages of this fever, give an emetic, (an emetic powder,) as directed in this work. *Next* give a portion of physic, and follow it through the whole fever. (If the bowels are affected, the physic should be rheubarb.) *Resting powders*, for a grown person give from half to one small teaspoonful at night, particularly in the first stages of this fever. *Cooling drinks.* — Cold water, lemon, cream of tartar, toast water; beer made of roots should be

given. *Bathing all over* in ley or saleratus whenever there is any fever present, will be of great value.

*Sinking stage.* — This is of importance to notice and be ready to meet. Debility is the characteristic of this fever, and hence it is called by some Typhoid fever. When the prostration is great we must give stimulating food and medicine. For this purpose take wine one teaspoonful and two of water, sweeten and give to the patient. Muriatic acid 10 drops, to be taken in cold chamomile tea is Dr. McNair's remedy. If there is much pain in any part of the body, use mustard plasters and also to the neck when the pain is in the head. *Keep the head cool* with cold water, vinegar, &c. *Fresh air.* — The room should have a plenty of fresh air, only not let the breeze blow directly on the person. *Rhubarb* should be used as physic in the last stages of this fever. But if the bowels become very loose you must give slippery elm, charcoal, and treat it the same as diarrhoea. The best way to use slippery elm, is to put a large teaspoonful in a tumbler of water,



sweeten and drink two or three a day. The dose of charcoal, pounded fine, is one table-spoonful three times a day.

*Regimen.* — The patient should be kept cool and quiet, and no company should be allowed to be present on any occasion. When any prurid symptom is present, give good yeast. *Yellow fever* must be treated the same as the fever last mentioned, or as the typhus fever.

### SPOTTED FEVER.

Perspiration should be promoted as quick as possible, for there is no time to lose. Purgatives should be given daily. Resting powders should be given as directed under the head of compounds. The system is cold as death at times, and when this is the case, the body must be washed with cayenne pepper and vinegar. Give warming medicines internally, such as cayenne pepper, &c. Sometimes the patient should be put into a warm bath and hot brandy administered.

### SCARLET FEVER.

Scarlet fever is so denominated from the

scarlet eruptions on the skin. It occurs mostly in the fall of the year, and children are mostly subject to it. It is divided into three kinds: Simple *scarlatina*, when the throat is not affected; *scarlatina anginosa*, when the throat is affected; when it has putrid and magignant symptoms it is called *scarlatina maligna*. The two latter are generally blended together. They are produced by the same cause, which is contagion.

*Symptoms.*—It commences like other fevers with chill and fever, and in two or three days the flesh begins to swell, and then the fiery red blotches make their appearance.

The scarlet fever may be distinguished from the measles, as the scarlet fever is all over the body, and not as the measles in distinct spots. When this disease appears in its simplest form it does not require much medicine. When the throat is affected, the symptoms are more violent. (This is what we call canker rash and throat distemper.) Putrid sore throat is the worst of all.

*Treatment.*—I will give you the most scientific mode of treatment that is known in

the world for this disease, which has taken the life of so many of our race, and which has proved very successful. The first object is to dispel the poison from the system which is the exciting cause of the disease. Emetics will be found very useful in this disease, in the first stages, given according to the age and strength of the patient. Purgatives should be given, and the best is the compound powder of mandrake. Castor oil and salts will not do. Keep the skin moist with such medicines as saffron, catnip, &c. Bathe the surface with lukewarm water and add ley or salerætis. This is of the utmost importance. When the throat is affected and breathing becomes difficult, apply hartshorn, one part, and sweet oil, two parts, mixed, three times a day, and gargle the throat with hyssop, sumach berries, and white elm bark, to which a little alum should be added, and gargle often. Drafts on the feet is important. *Resting powders* at bedtime or as occasion may require. The resting powders are of great value in this as well as many other diseases. When putrid symptoms occur, yeast must be given very

freely. If dropsy follow treat it as in common dropsy.

### CHILD-BED FEVER.

This fever is peculiar to women after delivery, and the longer after delivery the less violent it is and the less dangerous.

*Cause.* — Cold, damp clothes, or even fatigue, will cause this fever.

*Symptoms.* — It commences with chills and a pain in the region of the womb, which is a constant pain, having no cessation, as after pains do. The bowels swell to a great extent and the milk stops.

*Treatment.* — Sweating must be produced by the best means at hand and a potion of physic administered, mandrake or billious physic. When the bowels are sore and swollen, apply a fermentation of bitter herbs, and on the side that goes next the bowels drop 40 or 50 drops of spirits of turpentine each time the bath is applied. Give the resting powders to procure rest and ease pain. Diet light and cooling.

## HECTIC FEVER.

*Symptoms.*—A weak pulse, flush of the face, night sweats, diarrhea. The cause of this fever is local injury or disease. It is a weak and hopeless struggle of the system to remove disease. The pulse is from 100 to 140 in a minute.

*Treatment.*—Attention must be paid to the exciting cause of the disease. Treatment the same as in other fevers, according to peculiar symptoms. For night sweats give fifteen drops of elixir of vitriol, in strong sage tea, twice a day. This is a sure remedy for night sweats and may be had at the apothecaries. It must not be taken clear but in sage tea or water.

## PREVENTIVE TO CONTAGION.

Take saltpetre, one-half ounce pulverised, one-half ounce of oil vitriol, and add to it one fourth part of the saltpetre at a time, and stir it with a piece of iron. This is a sure preventive in fevers.

## INFLAMMATORY DISEASES.

It is local when confined to any particular

part. It may be chronic or acute. Acute when the symptoms are swelling and the attack severe. Chronic when the inflammation has subsided to a degree and becomes protracted.

### INFLAMMATION OF THE BRAIN.

When it is caused by other diseases it is called symptomatic, but when it occurs independent of other diseases, it is called primary.

*Symptoms.* — It commences with pain in the head, redness of the eyes, delirium; the patient tries to destroy his or her life. The other symptoms are like inflammatory fevers.

*Treatment.* — Bathe the feet and administer a purgative every morning or every other morning in the first stages. Give medicine to produce perspiration. Give cooling drinks and resting powders as directed under that head. Apply a mustard plaster to the neck. Keep the head cold with water, vinegar, and salt. A table spoonful of the spirits of nitre may be given two or three times a day to an adult. Diet should be light.

## INFLAMMATION OF THE EAR.

This is sometimes called the ear ache, and very painful.

*Treatment.* — Apply hops and vinegar hot to the ear, and if this does not ease the pain drop into the ear a few drops of laudanum. Give the resting powders and a potion of physic.

## MUMPS.

Mumps is a swelling about the throat, and the cause is contagion.

*Treatment.* — Put on the throat a piece of cotton, after bathing it with the following liniment: — sweet oil, one ounce, oil of sassafras, one-half ounce, and with spirits of camphor. A good remedy for mumps and quincy is the following; take sweet oil, oil of sassafras, and spirits of hartshorn, of each one ounce, mix and bathe the throat two or three times a day. The throat should be often gargled with blackberry root, sumach berries, alum, &c. Occasionally give a dose of physic.

## CROUP.

This is an acute inflammation of the throat

and windpipe, and is attended with cough, hoarseness, and difficulty of breathing.

*Treatment.* — Give an emetic and repeat it often if necessary; a potion of physic should be given and medicines to produce moisture of the skin. Bathe the throat with a stimulating liniment.

### BRONCHITIS.

This is inflammation of the bronchial tubes. The cause of this disease is the same as lung fevers. It is an inflammation of the lining of the large air passages of the lungs. It may be chronic or acute.

*Treatment.* — Take the tincture of lobelia and bloodroot, equal parts mixed; give a table spoonful to a grown person, and to a child a year old, a teaspoonful, once in 15 minutes, till it vomits. Give physic and medicine to produce moisture of the skin. In the chronic form give the cherry pectoral, from 20 drops to a teaspoonful three times a day. Sponge the neck and throat in cold water often. When there is much inflammation, take a towel four or five thicknesses, and wet it in water that



has had the cill taken off, wring it out so that it will not drip, and apply it to the throat and lungs, being careful to cover the wet cloth with a woollen blanket and lie in bed. This will give relief. I am indebted to it for my life in connection with cherry pectoral. The water or wet cloth should be changed once in four hours and continued from eight to twelve.

### WHOOPIING COUGH.

This is known as a convulsive, strangling and spasmodic cough. It is contagious and so well known that it needs no description.

*Treatment.* — Emetics will be found very useful in this complaint and should be given in small doses, as often as occasion may require. Give the vegetable compounds as directed under the head of compounds. Poppy tea is useful to give rest. For physic give cold pressed castor oil mixed with milk. Give the syrup of ipecac to loosen the cough. Diet should be light.

### INFLUENZA AND COUGH.

Take good vinegar and water and add a little cayenne and butter, sweeten and take it

at bedtime, or when the cough is troublesome. Lobelia or ipecac syrup is good.

### COLD AND COUGH.

*Treatment.* — Give warm drinks and bathe the feet. Give hoarhound and thoroughwort freely. Physic may be given as occasion requires. Give also the syrup of poppies, slippery elm, flaxseed, &c. Cherry pectoral may be given as directed under the head of compounds.

### ASTHMA.

This is a troublesome spasmodic disease of the lungs and bronchial vessels. It comes on most violently at night. The causes are innumerable.

*Treatment.* — The following are the best remedies. During the paroxysm, or fit, give one tablespoonful of the tincture of lobelia, and repeat every fifteen or twenty minutes until relief is found. Also, take saltpetre and dissolve it in water, very strong, wet brown paper in it and dry it, then burn a piece and breathe in the smoke; this will often give relief. At the intervals give the cough or veg-

etable compound. Great care should be taken to avoid smoke and dust. Breathe pure air and take care to eat proper food.

### LUNG FEVER.

When the lining of the lungs, or the substance of the lungs, are inflamed, it is called *pneumonia*, or inflammation of the lungs. It is caused by colds, &c. and comes on with a pain in the chest and difficulty of breathing, with cough, dryness of the skin and thirst.

*Treatment.* — If called in the first stages of this fever, I should give an emetic. Next give a potion of billious physic and such medicine as will produce perspiration. If the cough is troublesome give the hive syrup for an expectorant, or the syrup of ipecac sufficient to loosen the cough; give it three times a day. The cough powders will be found useful in this fever; for a dose take so much as will lay on a three cent piece; to be given three times a day. A potion of the resting powders should be given at night if the patient is restless. Flaxseed and slippery elm should be given freely. If the patient has much thirst give lemon and cream of tartar.

Should the pulse continue full give ten drops of the tincture of foxglove two or three times a day. After the inflammatory symptoms have subsided, if the cough continues, give the cherry pectoral as directed under the head of compounds. Diet as in other fevers.

### CONSUMPTION.

I will give you a course of treatment for this disease that exceeds all others, as I have had great success in the treatment of it.

*Symptoms.* — This disease is caused by inflammation of the lungs, and begins with a dry cough, with great debility and loss of flesh. This is the giant of diseases. It is slow in its progress and too well known to need any description. I shall point out proper remedies for each symptom of this disease.

This disease is characterized by debility, hence calomel and the lancet help on the work of death. More die by the mal-practice of physicians than by the disease itself. The emetic powder will be found useful in this disease once a week, or as occasion may require. One of the principal remedies is the

vegetable syrup, (see compounds). The cough powders are very useful in this complaint. The greatest of all is the cherry pectoral. No medicine should be given but for a short time, but changed every few weeks. Frequent bathing in cold water and brisk friction is very useful in this disease. For night sweats give the *elixir of vitriol* fifteen drops three times each day in strong sage tea. Change of climate is recommended by some, but I have never seen much benefit arising from it, only as they change from a city to the country. Horseback riding is the oldest remedy on record. English chamomile should be drank very freely. Drink new milk freely if it agrees with the patient. The kind of physic that should be used in consumption, should be the compound powder of mandrake.

### PLEURISY.

The pleura lines the chest or inside of the ribs, and when it is inflamed it is called pleurisy.

*Symptoms.* — It commences with chills and is followed by heat and pain in the side and shoulders. The pain is so severe that it even

cuts one's breath. There is more or less cough and spitting of blood.

*Treatment.* — Give a potion of the resting powders first, and other medicines to promote perspiration. Apply fomentations to the side or a strong mustard plaster. If there is cough and difficulty of expectoration, take pleurisy root half an ounce and steep it in a pint of water, and drink it freely through the day. Physic should be given every two days. If the pulse are quick and hard, give 15 drops of foxglove three times a day. *Diet* should be cool and light.

## HEART DISEASE.

Give the compound powder of Jalap often or enough to keep the bowels open. During the paroxysm give cayenne pepper or something that is very stimulating. Great care should be taken to avoid over exercise. If the pain is severe apply a mustard plaster.

## INFLAMMATION OF THE STOMACH AND BOWELS.

*Symptoms.* — Burning heat, pain, swelling, quick pulse, pain is felt upon pressure on the stomach.

*Treatment.* — Slippery elm and flaxseed should be drank freely. Apply fomentations or mustard plaster to the stomach and bowels. The dysentery cordial may be given as directed in the compounds. Cold pressed castor oil may be given, one tablespoonful may be given every two hours until it operates, if physic is needed. When the bowels are inflamed an injection should be given composed of milk and water, to which slippery elm and starch have been added, every two hours; twenty drops of laudanum may be added once or twice or more. *For vomiting*, give the resting powders according to the age and strength of the patient. Also give an infusion of spearmint tea, half a pint, saleratus one teaspoonful; of this give one tablespoonful every few minutes. The warm bath should be used in extreme cases. *Diet* should be light and cooling; rice-water, toast-water, thin flour porridge without milk, may be given.

## INFLAMMATION OF THE LIVER.

By this we understand that the liver itself is inflamed. When it has been of long stand-

ing it is called the liver complaint. It is known by a pain over the region of the liver. The eyes become yellow and there is sometimes vomiting of yellow or billious matter, clay colored stools, water high colour.

*Treatment.* — If vomiting is present give medicine to stop it, such as mint tea and saleratus or cholera drops. Mustard plasters applied to the stomach are good. Give the mandrake physic, &c. Resting powders are very necessary. In chronic cases give the hepatic pill as directed in the compounds. It requires six months to cure this complaint when it is of long standing.

## INFLAMMATION OF THE KIDNEYS.

This disease is characterized by pain in the small of the back, numbness of the thighs, drawing up of one of the testicles, the water high colored and frequently discharged.

*Treatment.* — Diuretic drops may be given as directed in compounds, one teaspoonful three times each day. An opium pill the size of a small pea may be given when much pain is present, once in twelve hours. Two teaspoonfuls of spirits of nitre may be given



in mint tea three times a day in the room of the diuretic drops. In cases of long standing cold water is the best external remedy ever known, even to sit in a tub of water, or apply it with wet bandages over the kidneys. Diet light and cool.

### INFLAMMATION OF THE WOMB.

There is fever, heat and pain in the regions of the womb and vomiting. There is a soreness, pulse weak, and water dark colored.

*Treatment.* — Give warm drinks to promote perspiration and give a resting powder and also physic. Spirits of nitre one teaspoonful three or four times a day, in mint tea, is good. Fomentation applied to the lower parts of the bowels soon gives relief.

### INFLAMMATORY RHEUMATISM.

This is sometimes called acute rheumatism. This is a very painful disease, and affects the muscles, joints and other parts of the body. The joints become enlarged and the patient cannot bear to be moved.

*Treatment.* — First give a potion of physic, and promote perspiration by proper means.

Resting powders are very good in this complaint. Bathe the joints with tincture of opium one ounce, camphor gum one ounce, oil of hemlock one-half ounce, alcohol one pint, mix. Take the following liquid. — *Hydriodate of potash* one ounce, water one quart, mix; take two table spoonfuls three times each day. Drink hemlock tea through the day. This course has never failed me.

*For chronic rheumatism*, take the botanical tincture, (see compounds,) season the food with cayenne and mustard. Also hydriodate of potash as in inflammatory fever.

### SMALL POX.

It is difficult to distinguish this from other diseases of its character.

*Treatment.* — First stop vomiting. Give warming medicines to promote perspiration. Then give physic. Give freely of saffron and catnip. Bathe the surface with weak ley. The throat should be gargled often with sage and alum. When there is great prostration give wine whey, made by putting wine in warm milk. *Dose*, one table spoonful.

## MEASLES.

This disease is known by small eruptions like flea bites. The spots run into each other, and the eruptions appear about the fourth day.

*Treatment.* — It is necessary first to aid nature in bringing out the eruption. For this purpose give saffron tea warm and freely, also mayweed. The resting powders will aid much in this. When the measles are out fully there is no great trouble in this disease. Give a potion of physic occasionally, give freely of flaxseed tea. If the eyes are affected, use the remedies described under that head. If any disease arise from the measles you must treat it as though it arose from other causes.

## DROPSY OF THE HEAD.

For this disease I should use first cold applications to the head, water, vinegar and salt. Next, if this fails, simmer hops in vinegar and apply warm. Give from 4 to 12 drops of *foxglove*, according to the age of the patient, three times a day. Keep the bowels open.

## GENERAL DROPSY.

I shall describe a general course of treat-

ment for dropsy, whether in the abdomen or in any other part.

*Symptoms.* — There is a loss of appetite, small quantity of water passes and an enlargement of the part affected, and the water may be felt. It is sometimes hard to distinguish between dropsy of the abdomen and pregnancy.

*Treatment.* — I should give jalap, cream of tartar, equal parts mixed, one tablespoonful at a dose every other day at least, and let the patient take two tablespoonfuls of cream of tartar sweetened every day. The following is good in any form of dropsy; — queen of the meadow one half ounce, milkweed one ounce, juniper berries one ounce, mustard one half ounce, prickly ash bark one ounce; to the above add two quarts of cider. Dose, a wine-glassful from three to five times each day. Give the tonic bitters to keep up the strength of the patient. Give the tincture of foxglove as a change, and the compound powder of mandrake.

*Diet.* — Mustard, horseradish, &c., should be eaten with food.

## INSANITY.

'This disease needs but little of medicine. An emetic and purgatives may be given occasionally, but I think more of showering with cold water. The mind is the part affected and wants the remedy. Music charms the mind. Interesting scenery, employment, traveling, these are the most important of all. Study the disposition, and never aggravate nor cross, but please, and the work is done or not at all.

## EPILEPSY OR FALLING SICKNESS.

The causes of this kind of fit are various. The person falls suddenly to the floor with violent agitation of the body, the teeth are close together and the eyes roll out of the head. It lasts from a few minutes to one hour or more.

*Treatment.* — During the fit nothing can be done more than to prevent the patient from injuring himself. As soon as the fit is over, give a potion of billious physic. Give a small pill of opium, the size of a pea, to a grown person. *Tonics*; tonic bitters may be given according to the age. When the fit

is coming on give a teaspoonful of fine salt. Drink freely of English valerian one teaspoonful three times each day. The shower bath will be found good, with brisk friction three times each week.

### APOPLEXY.

The same as the above, only bathe the person all over in cayenne pepper steeped in vinegar, and use brisk friction during the fit.

### FAINTING.

Many persons are much subject to this, and the cause is debility, also a morbid state of the stomach and brain.

*Treatment.* — Place the person in an airy place, and rub with hot vinegar. Hold harts-horn to the nose. Give spirits of hartshorn ten drops in water. Persons subject to this should avoid fatigue, crowded assemblies and all tight clothing. Take a potion of mandrake pills or the dyspeptic pills twice a week, and give the tonic bitters.

### HYSTERIC.

*Symptoms.* — Fits of this character, or

spasms, are not dangerous, as they never prove fatal unless they run into some other form of disease. The person feels an uneasy sensation in the left side, and it seems as though a large ball was in the throat, and a choaking, with fits of laughter. There is generally a discharge of spittle from the mouth.

*Treatment.* — During the fit, loosen the clothes and throw cold water in the face. Never use any more force in confining the person than is actually necessary. Give a resting powder as soon as you can get it down. After the paroxysm has passed away give the dyspeptic pill, one or two at bedtime for weeks. Take also the tonic bitters.

### PALSY.

This disease affects the nerves, mostly on one side, and comes on suddenly, with numbness, twitching of the muscles and loss of speech.

*Treatment.* — When the spasms are coming on, give sulphuric ether and spirits of camphor equal parts, one teaspoonful every hour till it gives relief. Rub with cayenne

simmered in vinegar. Next give a dose of billious physic. As soon as the person has recovered, give the botanical tincture, two teaspoonfuls three or four times a day.

*Diet.* — Cayenne pepper and mustard should be taken with food.

### ST. VITUS' DANCE.

This disease is known by a twitching of the muscles. If a cup of tea be given the person, they will use many odd gestures before they can get it to the mouth.

*Treatment.* — Generally a dose of billious pills will be necessary once or twice a week. Skullcap or valerian should be drank freely. The tonic bitters are very useful in this disease.

### CHOLERA MORBUS.

This disease is caused by an acid in the stomach, secreted by the liver, such as nitric or citric acid.

*Symptoms.* — This disease comes on very suddenly, accompanied by violent pain and vomiting. The person is generally purged, almost incessantly, which produces great pros-



tration, cramp in the stomach and bowels, with billious discharges.

*Treatment.* — Although this is a disease to be dreaded, I think, yes, I know, I have the greatest remedy in all the wide world. I have had a large number of cases of it, but I never have lost one. The cholera drops given in the following manner never failed me; one teaspoonful to be taken in a little warm sweetened water after each spell of vomiting until four or five are taken, will stop it. The dysentery cordial should be given in the following manner; two table-spoonfuls every fifteen minutes until it operates on the bowels, and then three times a day. Make hot applications to the stomach and bowels, such as fomentations of bitter herbs, &c. Give from twenty to seventy drops of laudanum once a day if the pain is severe. Drink very freely of slippery elm and flaxseed. Injections are very useful, and should be composed of sweet oil, slippery elm and milk, with a teaspoonful of laudanum: give one once in an hour. Diet should be composed of flour porridge, cracker water or

coffee made of brown bread crusts, and nothing else.

The Asiatic cholera is a more malignant type of the same, and only wants a more energetic course of treatment.

N. B. These medicines were used with great success in the time of the cholera.

### SUMMER COMPLAINT.

This is a disease known among us by the name of summer complaint, among children.

*Cause.* — Teething, impure air, improper food, such as unripe fruit.

*Symptoms.* — More or less diarrhea, fever, and sometimes vomiting.

*Treatment.* — Give the dysentery cordial, two teaspoonfuls to a child one year old every hour for twelve hours, then three times each day. Warm applications to the body, such as fomentations when there is much heat, &c. Ten drops of laudanum should be given when there is much pain, three times a day or more. After the bowels have been well cleansed, give a syrup made of the bark of blackberry root, strong and often.

## DYSPEPSIA.

The causes are as numerous as the hairs on our heads, but we will give you some of the symptoms of this disease. Nervous debility, depression of mind, oppression after eating, sick headache, costiveness, heartburn, furred tongue, wind in the stomach, and loss of appetite.

*Treatment.*—To cure this disease great attention should be paid to diet, as I speak from experience, (having nearly lost my life by this disease.) An emetic once a week will be found very useful in this disease for a few weeks. Next I should use the dyspeptic pill, taking one after each meal. Also the hepatic pill, as directed under the head of compounds, and the tonic bitters. Sub carbonate of soda should be taken in half teaspoonful doses when the stomach is sour.

*Diet.*—Eat no pork, drink no coffee, eat no cheese, grease, apples, pickles, or smoked meat. Take an egg and break it in a tumbler, and put a teaspoonful of sugar with it, then beat it up well and fill the tumbler with new milk and drink it every morning as soon

as you are out of bed ; this should not be passed by. Increase the egg to four or five a day.

### CRAMP IN THE STOMACH.

*Treatment.* — Give the cholera drops, one teaspoonful or two, or strong peppermint. Cayenne and vinegar applied hot to the stomach is good. To an adult give sixty drops of laudanum in peppermint or camphor. Give two or three doses of it, if needed. Bathe the stomach with the common liniment, and add spirits of turpentine to it.

### HEARTBURN.

Chew the inner bark of hemlock, and take a little soda. Also carbonate of magnesia, one tablespoonful.

### CANKER OR SORE MOUTH.

*Treatment.* — Borax and sugar are good to be put in the mouth dry. Inner bark of hemlock or a pinch of tanic acid is good ; what would lay on a three cent piece to be put in the mouth and the spittle swallowed. The dysentery cordial should be taken four times each day.

## VOMITING.

The cholera drops in teaspoonful doses is a choice medicine. Give laudanum, twenty drops every twenty minutes until you have given three or four doses.

## CHOLIC.

This is known by great pain in the bowels, with vomiting, costiveness, bitter taste in the mouth.

*Treatment.* — Give cholera drops, also other means noticed under the head of vomiting. Next, after vomiting has subsided, give a large dose of billious physic. When every thing seems to be rejected, give two drops of croton oil dropped on sugar every two hours until it operates. Injections are very useful in this complaint, and should be composed of the following articles; thoroughwort steeped strong, hops, lard three tablespoonfuls, and add ten drops of laudanum. Give one every two hours bloodwarm. An opium pill the size of a small pea may be given once a day, to an adult.

## COSTIVENESS.

Take the Dyspeptic pill, one after each meal. A sure cure, if we use proper diet.

## BLEEDING AT THE NOSE.

When this occurs, dip your finger in spirits of turpentine and put it on each side of the nose. Take smoked beef and grate it fine and put it up the nostril. Wash the head in cold water and take a dose of physic.

## DIABETES.

There is often large discharges of water, several times a night, the appetite is generally better than in health, also great thirst. The mouth is dry and parched.

*Treatment.* — One of the most important things in the treatment of this disease is diet. The diet should consist of lean meat almost entirely, such as beef, chicken, mutton. If meat diet is not used by the patient, he cannot get well of the disease if it is bad. Give bitters, and drink freely of cherry and hemlock bark steeped in cold water. Drink as little as possible. If the person is restless, give a resting powder at night and give mild physic to keep the bowels open.

## WHITES OR FLUOR ALBUS.

This disease is known by irregular discharges of fluid from the womb or uterus, of a white, yellow, or brown color; smarting when water is voided. There is loss of strength, dejection of spirits, sleep disturbed, palpitation of the heart, &c.

*Treatment.* — If the stomach is disordered give an emetic, and this is to be followed by the dyspeptic pills. Give the tonic bitters. Inject into the womb with a suitable syringe, white oak bark, sumach berries, hemlock bark, to one pint of this add one teaspoonful of alum. As a change, give the botanical tincture as directed under the head of compounds.

N. B. Here is the foundation of most diseases in females, and should be looked to with great care.

When there is a large discharge from the uterus, an opium pill must be given according to the age, and astringent medicines given both by mouth and with injection. For this use tanic acid if you have it. Give as much by mouth as will lay on a five cent

piece every five hours. Cold water and vinegar must be applied to the lower part of the bowels often. If physic is necessary, use castor oil.

### ABORTION.

Miscarriage is the expulsion of the fœtus from the womb before the seventh month, and it is preceded by flooding and pain in the back, &c.

*Treatment.* — Nearly the same remedies are to be used as those just named under the head of large discharges from the uterus. Give an opium pill every night. When the disease has progressed so far that it cannot be prevented, it must be helped on, for the treatment of which see delivery.

### CATARRH IN THE HEAD.

*Treatment.* — Take the catarrh snuff. Bathe the head and shoulders with cold water. Dr. Leavitt of New York city says he would not take five thousand dollars for one ounce of this snuff if he could not get any more.



## RETENTION OF THE MONTHLY PERIODS.

Girls at the age of from twelve to sixteen generally commence to menstruate, and it forms a critical period in their lives. There seems to be a want of energy in the system to produce the monthly discharge from the uterus. If nothing is done, consumption will follow.

*Symptoms.* — There is fatigue, palpitation of the heart, an appetite for chalk, paleness, loss of appetite, and cough.

*Treatment.* — Give the compound powder of mandrake in small doses twice a week for a few weeks, also the tonic bitters, and botanical tincture.

Retention of the menses require the same treatment. When the menstruation is painful, take an opium pill.

## NIGHTMARE.

It generally attacks persons during hours of sleep. For this, give the botanical tincture, and avoid food for supper that is hard of digestion.

## JAUNDICE.

This disease is known by yellowness of the skin and the white of the eyes. That which passes the bowels is clay colored, or gray, the skin is dry, with an itching or prickly sensation over the whole body. There is a great propensity to sleep.

*Treatment.* — Give an emetic to cleanse the stomach and the mandrake powders twice a week to cleanse the bowels. Take golden seal, one tablespoonful, bitter root the same, cayenne half as much, put all the above in one pint of boiling water and steep one hour, then add one pint of gin and bottle for use. Dose, two tablespoonfuls three times a day. The hepatic pill may be taken now and then. A raw egg, beat up with milk and sugar, may be taken every morning.

## SCURVY.

*Symptoms.* — Weariness, difficulty of breathing, crackling of the joints, bright yellow or violet spots on the legs, face pale, and, as the disease advances, there is a scaly eruption all over the body.

*Treatment.* — First cleanliness and proper

diet are necessary. The body should be washed in weak ley twice a week. For food fresh vegetables are best ; vinegar should be eaten on all food. If much pain is present take a pill of opium. Ulcers of the gums should be washed with tanic acid, saltpetre and alum. Buttermilk is a good drink. Common spruce beer is also good. The scrofulous syrup is a very important remedy in this complaint. A milk diet is good where it can be had.

### YAWS.

This disease is peculiar to the negroes of the West India Islands, and as they will not be likely to buy this work I shall not describe it.

### LUMBAGO.

This is a species of rheumatism, and is seated in the small of the back. It should be treated the same as rheumatism.

### WORMS.

There are three kinds of worms. Tape worm, long round worm, round and short worm.

*Symptoms.* — Paleness of the countenance, itching of the nose, swelling of the upper lip, looseness of the bowels, swelled bowels, cholic pains, fits.

*Treatment.* — To a child 4 to 6 years old, give 8 drops of the oil of wormseed three times a day, for two or three days, and then give a potion of castor oil. The worm infusion is a sure remedy, and is as follows: — Pink root one-half ounce, senna and fennel seed, each half an ounce, to these add one pint of boiling water and steep one hour. Dose for a child five years old, half a wine-glassful three times a day. I have given bilious physic with good success. When worms are in the throat and choke the child, give fine salt. When pin worms are troublesome, give an injection of aloes.

### HEADACHE.

Use the catarrh snuff. If the stomach be disordered give an emetic, or a potion of physic. Bathing the head in cold water is good.

### ADVICE TO ALL.

*Remarks on the preceding diseases.* — Although I have given a plain description of

diseases and the means to be used, it must be remembered that *judgment* is necessary in applying them. Not only read about one disease, but all kinds of diseases. When called to see a patient examine the case well, study it fully and prescribe with care. Do not give every thing at once but wait for the medicine to work, as it must have time. You cannot understand every thing at once, but much patience will be needed to learn all that may be learned. Schools do not make scholars, nor learning a trade mechanics. The foundation must exist in the man or boy; they must have the mind and love for it, judgment, decision of character, not carried away with every new notion, trying experiments instead of using tried remedies. Many give medicine without knowing its properties or the nature of disease. This should not be our mode, but act understanding what we do. Let it be our chief object to do good the one to the other, as we are all children of one parent, placed here in this world for a noble purpose. Let us labor to answer the great end for which we were created, which

is to honor God, and do good the one to the other. Let us remember the command of God, "as ye would that others should do unto you, do ye even so unto them," for love is the fulfilling of the law. Never flatter nor deceive, but speak the truth however much it may be against us.

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## S U R G E R Y .

It is customary to make a difference between the practice of medicine and surgery, but this distinction is improper as they are so closely connected that it is impossible to tell where one ends and the other begins; one part being diseased, the most remote part may be diseased from sympathy.

## MORTIFICATION.

This may be known by the appearance of blisters under which appear brown spots, and the parts become black. It is a very favorable symptom to see a white line all around the black, where matter is formed. If this line is not seen, the pulse becomes weak and death soon follows.

*Treatment.* — First, *Local applications.*

When blisters are seen, we want to separate the living from the dead, and for this purpose use the following poultice: — Take yeast or emptyings, such as is used in making bread, and stir in slippery elm bark, and apply lukewarm, and change for a new one often. It is sometimes best to mix the elm with ley made from wood ashes. A charcoal poultice is good.

## WOUNDS.

A wound is a division of the soft parts of the body. 1. To stop the bleeding a piece of puff ball or lint should be put into the wound, if the bleeding is very great, or sometimes a small piece of linen folded thick and laid over the wound and a bandage over this to secure it, will answer every purpose. When an artery is cut the blood is of a scarlet color and passes out in jets with great force, the vein runs in an even stream. As soon as the blood has stopped, the next thing will be to cleanse the wound from dirt, &c. Then place the lips of the wound carefully together and fasten them by strips of

adhesive plaster. It may be necessary to take a few stitches with a needle and thread and then apply salve as before directed. The strips of cloth on which the plaster is spread should be about one half inch wide and reach far enough to secure the wound. When a wound heals without matter it is called *a union by first intention*. The dressing put over the wound, that is, the cloth dressing, should be wet often with spirits, tincture of balm of Gilead buds. Some use cold water. After a few days, say three days, the cloth should be removed. If matter is seen in the wound take off the plaster and apply a slippery elm poultice. If *proud flesh* gets into the wound apply a little fine blood root or burnt alum.

Some wounds are of such a character that they cannot be healed, but must be allowed to run a few days, then apply the diachylon plaster spread thin on cloth. What is called *a contused wound or bruise*, that is, when the flesh or skin is not broken, only wants a cloth applied wet in vinegar and wormwood boiled together and applied cold. This treatment



soon cures. Punctured wounds are made by pointed instruments; much injury is done to the nerves and blood vessels. They often give rise to great inflammation, and sometimes the lockjaw follows.

*Treatment.* — Close the parts and apply strips of plaster. Perfect quietude must be observed, and when the pain is severe give an opium pill and apply spirits to the wound. Gunshot wounds are to be treated as the above, only remove the shot or ball by means of forceps.

### POISONED WOUNDS.

*Symptoms.* — Nausea, a full and agitated pulse, teeth chatter.

*Cure.* — Salt is good in this kind of wounds, also plantain is a certain antidote. Pound and apply the leaves. A singular case of poisoned wound, occurring from the bite of a rattle snake, came under the observation of Dr. S. T. Barstow of Wilkesbarre, Pennsylvania. A lady in the fourth or fifth month of her pregnancy was bitten by a rattle snake; under proper treatment she recovered from the symptoms of it. When she was delivered she had

a fine looking child, but on its being applied to breast it showed symptoms of the snake and soon died. A puppy was applied to the breast and that died in two days, then a lamb and that died, and two more lambs died also, a second puppy was applied which showed some symptoms of the same but succeeded in living; the lady had none of the above symptoms.

### WOUNDS OF THE JOINTS.

Place the limb in its proper shape, and treat as other wounds. When there is a discharge of joint water, apply the tanic acid to it and the flesh plaster. *Wounds of the tendons*, the same as above. If fever is present treat it as other fevers.

### WOUNDS OF THE HEAD.

Wounds of the head are more dangerous than other wounds, on account of the injury done to the brain.

*Treatment.* — Shave the hair carefully off, and all substances should be removed and the parts placed together, and kept in place by strips of plaster. If the bone is depressed it

must be raised to its proper place. *Concussion of the brain.*— Sometimes a person receives a blow on the brain, without any wound or manifest injury, yet it may prove fatal. In such cases there is loss of mental power and great stupor, and bleeding at the nose.

*Treatment.*— Physic must be given and fomentations applied to the head; rest and quietude are necessary. In this, never bleed.

### FRACTURE OF THE SKULL.

Raise the bone if need be, and if loose remove them, shave the hair off and dress the same as other wounds. Spirits and water should be applied to the wound.

The *Trephine* has killed ten where it has cured one. Some will say is this all we are to do? I answer yes, in almost every case we find on record, unless death is seen at the moment that the injury is done. It is strange to see how simple the remedies are which we are to use in the cases of fractures and wounds. It requires little of art to do wonders, when we remove the mist that has long

hung over the science of surgery. Mist and fog make it dark, yea, "gross darkness has covered the people."

## FRACTURES.

Fracture is a division of the bone in two or more parts, by external violence. It is simple or compound. It is compound when some part has been removed.

*Treatment.* — 1. Place the bones in their place. 2. Secure and keep them in their place. 3. Prevent inflammation. Swelling may be so great that we cannot tell at once the exact trouble. Never put on the bandages too tight. Never make use of the limb too soon.

## PARTICULAR FRACTURES.

I have given a general rule by which we are to be governed in the treatment of fractures, which if kept in view, will enable us to treat fractures in a scientific manner. I shall notice fractures in various parts of the body, and throw more light if possible on the subject. *Fractures of the Nose, (Ossa Nasi.)* These alone are exposed to fracture. Pass a

small round stick up the nostril, and use it to push the bones outward, while the bones are prevented from being pushed out too far by the fore finger.

*Clavicle or Collar Bone.* — This may be fractured as often as other bones, and requires but little treatment. First bring the bones together, and keep them in place by strips of adhesive plaster. Put the arm in a sling.

*Fracture of the Ribs.* — *Treatment.* Keep still, and apply a plaster over the side. Take a potion of pills. A wide bandage should be applied around the side.

*Fracture of the thigh bone, or os femaris,* is a very common dislocation. *Treatment.* — Bring the leg to its proper position, and compare it with the other to see if it is of the same length and form, and place a splint and proper bandages to keep it in its place. Keep the joints wet with spirits and vinegar, and water, salt and water, &c.

## DISLOCATIONS.

This is when the bones are thrown from their natural cavities, and it may be partial

or complete, simple or compound. A dislocation can be reduced by any person of good common sense, in the following manner:— Bring the limb into proper shape and extend it to the proper length. The joint should be wet in rain water and spirits, also fomentations of bitter herbs, such as wormwood, tansy, hops, &c. This not only relaxes the parts, but lessens inflammation. Wormwood and vinegar are good. *Dislocation of the lower jaw.*— Put two corks between the back teeth then raise the chin and the work is done.

### ULCERS.

When there is inflammation, use the remedies laid down under that head, wash well with castile soap and rain water. Apply the black salve. This dressing should be applied twice a day. If there is fungus or proud flesh, apply a little blood root pulverized fine. Give a potion of physic, and the botanical tincture, and as a change give the scrofulous syrup. Diet should be milk, &c.

### DECAYED BONES.

The bone becomes rotten from various causes.

*Treatment.* — The treatment should be the same as ulcers.

## CANCER.

A cancer is an ulcer of the worst kind, and is generally met with in persons advanced in life. It is attended with a burning pain. Cancers of the breast are the worst. Cancer is one of the most painful of diseases to which poor mortals are liable.

*Treatment.* — Cutting and eating out cancers does not cure them, as they are in the blood, yea, all through the system. If you make an application to the cancer before it begins to run, you should apply, first, an ointment made of the bark of the root of bitter-sweet, cicuta leaves, deadly nightshade, simmered in fresh butter a few hours. Let it be applied three times a day, and held to the fire and dried in. Take internally, the scrofulous syrup. When the inflammation is great, apply an elm poultice; then apply the black plaster.

## INFLAMMATION OF THE BREAST.

This is a disease located in the breast of

females, and is very painful. There is much pain, and a hardness and swelling. The cause is generally cold.

*Treatment.* — Apply to the abscess the bittersweet ointment, and the common strengthening plaster. If this does not suffice, apply the elm poultice and poppy leaves. If the pain is great, give the resting powders once or twice a day. When the inflammation has subsided, apply the black salve. When it comes to a head it should be opened.

### ST. ANTHONY'S FIRE.

There is a shining redness and swelling of the part affected, with smarting and itching. Blisters soon appear, containing a watery fluid. Ulcers sometimes follow erysipelas, but not often when well treated.

*Treatment.* — Give a potion of salts or some cooling physic. Next, take one half of a teaspoonful of the sugar of lead, and put it in half a pint of cold water; in this wet a cloth and apply it to the part as often as it gets dry. A cranberry poultice is a very noted remedy. Keep the bowels open and skin moist by proper means. Drink freely of



cream of tartar. I have cured a number of very bad cases, by using a poultice made of slippery elm mixed with milk, and applied often about bloodwarm. Take a resting powder if the patient is restless. Drink freely of elder flowers. Diet cooling.

### LOCKED JAW.

*Symptoms.* — This disease affects the muscles of the lower jaw; the muscles of the neck and whole body are affected, and the head turns back, while the teeth are close together.

*Treatment.* — Steam the patient over bitter herbs. If it proceeds from a wound, apply a warm poultice to it. Give the tincture of lobelia in teaspoonful doses every twenty minutes till it operates as an emetic, and after this give sixty drops of laudanum. This will cure if it can be cured.

### SCROFULA OR KING'S EVIL.

It was customary in olden times to submit patients to the holy or royal touch; hence it is called king's evil. It seems to be confined entirely to the glands, and mostly those of

the neck. It is known by tumors about the neck, which increase in size for a considerable time with more or less pain. They discharge a portion of matter and become an open ulcer, the edges of which are red or purple. The ulcers heal slowly and are succeeded by others.

*Treatment.* — When there is inflammation, apply a poultice. When it is open or in a state of ulcer, that is when the abscess breaks, the great object is to heal them. I have a remedy here which I received from a lady seventy years of age, and she received it from Dr. Kittridge, of Cape Cod, forty years ago. I saw her applying it to an ulcer. She said it had never failed to heal them for forty years. The ulcer was a bad one. This is the mode of preparing it; take the bark of black alder, or what is known as tagg alder, and boil it down to a thick syrup, then add a little fresh butter, or what is better, turkey's grease, and puff it full of puff-ball as it can be. Apply this to the ulcer on a piece of cloth two or three times each day. When there is a large tumor, rub it with an oint-

ment made of garget root and bitter sweet. Take internally the scrofulous syrup. Great care should be taken with regard to what we eat in this disease. Black or tagg alder bark should be drank freely, as it has great power in this disease and all others of the kind.

### FISTULA.

This is an ulcer near where the food passes off, and is attended with hardness, with an opening with hard edges. It is a very hard disease to cure by any mode of treatment whatever. Henry VIII, King of England, died of this disease. It is known by a swelling near the rectum, with great pain and hardness. It is sometime before matter is formed, when the discharge is very great, and very foetid.

*Treatment.* — The common mode is to operate with a knife, which only aggravates it in most cases. 1. When in a state of abscess, apply the bitter-sweet ointment, and steam over bitter herbs. Keep the bowels open with cold pressed castor oil. When much pain is present give an opium pill. Injections are good if much pain is caused by

physic. 2. When matter discharges, the following treatment will be found necessary; apply to the best surgeon that is to be found and let it out by the job.

### PILES.

The piles are of two kinds, blind and bleeding. The blind piles appear in a state of small tumors, which swell up and are very painful, and come down when we go to stool and look like damsons. The bleeding piles is known by a discharge of blood when we go to stool. Some bleed a gallon or more. Costiveness, and bad physic, such as aloes taken alone, is the most common cause.

*Treatment.* — If called when the person is bleeding, apply the following; — tanic acid one part, lard two parts, mix and puff full of puff-ball and put it up the rectum as far as possible; this will stop it.

*Blind Piles.* — When the tumors are external apply the following; — sugar of lead one teaspoonful, soft water one pint, wet a rag and wash the parts a number of times each day. Keep the bowels open with sulphur and cream of tartar. The following

may be tried; — bitter sweet ointment and the black salve. Steaming over oakum gives great relief. Mullein ointment is good, and to drink a tea of it is good also.

Diet has much to do in this disease.

### PROLAPSUS ANI OR FALLING OF THE BOWELS.

In this disease, the lower part of the bowels come down and appears like a tumor. Sometimes it is put back with ease, and again it is more difficult.

*Treatment.* — First return the bowels. The person should lie on his back and apply a gentle pressure with the palm of the hand or fingers. It will not do to use too much force. When it cannot be done by reason of the great irritation, astringent washes should be used, such as white oak and hemlock barks, alum, &c. A slippery elm poultice may be needed. Be careful in diet, and use great caution.

### WHITE SWELLING — HIP DISEASE.

This is a painful disease, and is seated on the knee, hip, ankle or elbow. The skin re-

mains white, although the inflammation is very great. There is a pain felt deep in the joint, and soon the joint swells; no redness is seen, but a hard and shining whiteness. After a while, matter discharges in a number of places, the bone becomes affected and pieces come off, the limb is bent and grows small. The patient grows feeble, and death follows.

*Treatment.*—When called to see the patient in the commencement, steam over bitter herbs; as soon as steaming is over, apply what we call the common liniment, freely, three times each day. When in a state of ulcer, treat the same as laid down under the head of ulcers. *Internal treatment.*—Give the scrofulous syrup. If the pain is severe, give a potion of the resting powders.

## VENEREAL DISEASE.

Venereal disease is a most loathsome affection, and is caused by a poison which, when applied to the human body, is capable of multiplying itself. It is supposed to have originated in the camp of Israel, in consequence of man's departing from the law of God. See the fifth chapter of Numbers.

*Symptoms.* — *Gonorrhea.* There is a discharge of pus, after impure coition, with heat of urine. The discharge is called gleet, and commences a few days after exposure, with an itching of the glands and penis, soreness, and when one makes water, he feels like biting a fortypenny in two. The penis is bent down, (this is called a *cordee*.)

*Chancre.* — The poison being absorbed, eruption and scabs appear on the head of the penis.

*Bubo.* — This is when the groin is affected.

Females who are affected with this disease during pregnancy, communicate it to the child, which causes its death, in general, but at other times the child lives, and only lives to suffer for the crime of its parent. Although such a penalty is annexed to this crime, some advocate it as pure religion.

*Treatment.* — Mercury is not a specific in this disease, and should never be used. The first medicine that should be used is the following: — Balsam of copaiva four ounces, pulverized cubebs one ounce, mix, and take

two teaspoonfuls three times a day. Give the compound powder of mandrake twice a week. A resting powder should be given whenever there is much pain. Inject the following, if there is any gleet, twice a day : — Nitrate of silver ten grains, water three ounces. Inject a teaspoonful or two at a time. If inflammation is very great, apply a slippery elm poultice ; next, the black salve. The scrofulous syrup should be taken three times a day.

Diet should be light and cooling.

### INFLAMMATION OF THE EYE.

*Treatment.* — First, remove all substances from the eye, which may be done with a magnet, if iron or steel is present. A piece of silk or linen rolled up may be used to remove substances from the eye. If dust or sand should get into the eye, flaxseed tea should be put in the eye and wink.

*Cooling Wash.* — Borax and sugar of lead one teaspoonful, water one half pint, mix, and wash the eye freely. Laudanum and water equal parts, is good, and has cured some very bad cases. Sometimes the inflam-



mation is so great that a poultice of elm bark will be found good. The general health should be attended to as directed in this work.

## RUPTURE, OR WHAT IS CALLED A BREACH.

It is called *inguinal* when it occurs in the groin, the *scrotal* when it occurs in the testicle, *femoral* when it is above the groin, *umbelical* when it occurs near the navel, *ventral* when it is anywhere else about the abdomen. Sometimes the intestines come down, and sometimes the caul comes with it. Sometimes it can be reduced, and this is called reducible, and at others it cannot be, this is called irreducible.

*Treatment.* — The first effort should be made to reduce the parts to the proper cavity by proper pressure, while the person is in a lying posture. I have seen several bad cases reduced by first applying a fomentation of bitter herbs and leaves of tobacco. The bowels should be kept open by proper physic. Sometimes injections are very useful. An opium pill should be given if the pain is

great. Means should be used to keep the parts in their proper place, such as a truss or bandage, so as to form a gentle pressure, under which a plaster should be worn made of white oak bark boiled down to a proper consistency.

### RETENTION OF THE WATER.

Give one tablespoonful of spirits of nitre in strong spearmint tea, and the warm bath if this does not give relief.

### GRAVEL AND STONE.

*Symptoms.* — A great desire to make water, a sense of weight, pain in the back, vomiting, &c. During a fit of the gravel, or when it passes off, it causes fainting or even fits.

*Treatment.* — When the pain is severe give an opium pill or the resting powders. Apply a fomentation of bitter herbs as hot as can be endured. Next, give medicine to promote perspiration. Give freely of spirits of nitre and mint tea, in the following manner: — nitre drop, one ounce, spirits of turpentine two teaspoonfuls, mix, and give two

teaspoonfuls once in two hours for a while, or take good gin with the drops, instead of mint tea. After relief is obtained, the patient should take the following: — *Decoc-tion for the gravel*, (see compounds.) Cream of tartar should be drank freely from first to last.

### DROPSY IN THE TESTICLE.

This is known by the parts enlarging, but of the same color. The parts should be steamed over bitter herbs, and the diuretic drops taken as directed under the head of compounds.

### INFLAMMATION OF THE TESTICLE.

Apply fomentations, bittersweet ointment, and poppy poultice.

### FELON OR WHITLOW.

This comes on the finger or thumb. The pain is deep, and there is a prickling, throbbing, swelling, and at last matter is discharged. It is customary to cut, but I shall give a sure and easy mode of treatment.

*Treatment.* — Steam over bitter herbs, or

soak in weak ley, and apply slippery elm poultice and change it as soon as it gets dry. If the patient cannot sleep at night, give a resting powder. When there is matter it may be opened with a sharp knife and the same dressing continued for a while, and then apply the black plaster.

### SALT RHEUM.

There are three kinds of *herpes*, and it appears on different parts of the body, but mostly on the hands. There is much itching, cracks, scales or scabs. *Treatment.* — Take scrofulous syrup as directed in compounds, and make a tea of tagg or black alder and yellow dock and drink freely. Apply the black plaster at night, and an ointment made of tar and suet equal parts, simmered together.

### STIFF JOINTS.

Apply the bitter-sweet ointment.

### CHILBLAINS.

This is caused by cold. If the parts have been frozen, immerse in cold water, next apply camphor.

**TIC DOULOUREUX OR NEURALGIA.**

This disease is characterized by a sharp darting pain, affecting the nerve of the face, eyebrow, inner corner of the eye, ear and cheek, and is attended with more or less twitching of the muscles. The pain is like the cutting of a sharp knife. It sometimes draws tears from the eyes. I have seen persons who have lost their sight by this disease.

*Treatment.* — If the pain is severe give a resting powder, bathe the parts with the common liniment. Take the tonic bitters, and the dyspeptic pill at night. To one quart of the bitters add one ounce of Hydriodate of potash, take one tablespoonful three times a day.

**TUMOURS.**

These are large bunches and appear on different parts of the body, while some contain matter, others seem to be nothing but flesh. *Treatment.* — Some tumours can be removed by passing a linen thread around them and drawing it tight, and increasing every day. Apply the bittersweet ointment three times a day; also garget ointment.

## COMMON BILE.

Apply a poultice of slippery elm, then the black salve. The common strengthening plaster is good at first and Ayer's salve for burns.

## ENLARGEMENT OF THE TONSILS.

This is a swelling in the mouth each side the roots of the tongue, and shows a scrofulous habit or taint of the system. They may become so large as to impede breathing and swallowing. *Treatment.* — Apply the following ointment: — Oil of sassafras, sweet oil, spirits of hartshorn, equal parts, mix, and bathe the throat three times a day. A bat of cotton to be kept on the throat constantly. It is sometimes necessary to give an emetic. A small piece of saltpetre, the size of a bean should be held in the mouth, and the spittle swallowed, gargle the throat three times a day with sumac berries, alum, white elm bark, hemlock bark, &c. A purgative should be given at least once a week.

## DEAFNESS.

Put in the ear sweet oil warm, and spirits of turpentine, or take sweet oil one half ounce,

sassafras oil twenty drops, mix, and drop in the ear twice a day. If this does not prove beneficial make an issue behind the ear and keep it running.

### AGUE IN THE FACE AND JAW.

This is a very distressing complaint. Steam over bitter herbs, and put warm applications on the face. *Toothache*.—Put tanic acid freely in the tooth, and if this does not do, put the oil of cloves in on cotton.

### INVERTED TOE NAIL.

It is frequently the case that the nail grows into the toe and causes much pain. This is so bad sometimes that the toe ulcerates and proud flesh gets into the sore. *Treatment*.—Soak the toe in warm water and scrape the nail from back to the end very thin one third way from the side, then take the point of a knife and pry up the edge and put under cotton wet in oil. If the inflammation is great put on a poultice, and then the black salve.

### CORNS AND WARTS.

*Corn Plaster*.—Take purified amonia, beeswax, each, two ounces, mix and melt, add

one half ounce of verdigris after removing from the fire. Pare the corn, and spread the plaster on soft kid, and let it remain on the corn two weeks. This is infallible, says Dr. Cooper. Strong vinegar, will cure many corns, by wetting brown paper in it and applying it to the corn after it has been pared.

*Warts.* — The juice of milkweed will cure a wart in a few days.

### RICKETS.

This disease is caused by debility, the bowels are enlarged, face swells, spine is bent, flesh flabby, breast bone rises, joints enlarge, &c. *Treatment.* — The scrofulous syrup should be given according to the age; wash the joints in cold water and rub as long as can be borne; drink wild cherry bark steeped in cold water. Give also the dyspeptic pills.

### DAW WORM OR SCALD HEAD.

This disease consists in an inflammation of the head like salt rheum, which causes the hair to come off. One may take this disease by wearing a cap or hat that has been worn by a person affected.



*Treatment.* — Give the child cream of tartar and sulphur twice a week. Wash the head with castile soap and water and apply the *tar ointment* to cloth, and wear it constantly.

### RINGWORM.

• Small pimples break out in a circular form, containing a corroding matter. It is small at first, but as the body is heated it spreads over a large surface. *Treatment.* — Anoint with the following : — Tar one ounce, mutton tallow a piece as large as a nutmeg, one-third teaspoonful of pepper, simmer together and stir in sulphur, sufficient to form a soft ointment. Take sulphur and cream of tartar.

### ITCH.

Take sulphur and cream of tartar, and anoint with sulphur ointment.

### LUMBER ABSCESSSES.

This is a collection of matter near the spine, but the abscess is seen near the groin. This is a deep seated disease and hard to cure. In proper time the abscess should be opened,

and kept open by a tent. Over the abscess put a cloth wet with water, and wear one around the body constantly, wet in cold water. Take strengthening medicines and nourishing diet. The scrofulous syrup is of great benefit in this disease.

### SPASMS

The best application is wormwood leaves simmered in vinegar and applied to the parts. Salt and tallow will prevent the skin from turning black. Apply a plaster. I have said in a few words all that can be said of importance should I write many hours.

### DISEASE OF THE SPINE.

By pressing the thumb each side of the spine and on the spine, soreness will be felt.

*Treatment.* — Put a few drops of croton oil on the part, rub it over as much surface as you can with the forefinger, being careful to wash the finger, and not get it on any other part. This will redden the skin and cause inflammation and serve to relieve the spine. It should be applied often if the disease continues. Attend to the general health

of the patient. Mustard plasters are good to apply to the back when croton oil cannot be had. If the stomach is disordered give an emetic, also a purgative and the tonic bitters. Frequent bathing in salt and water all over is very useful.

### BURNS AND SCALDS.

The first and best thing that can be done, is to apply a poultice made of slippery elm and milk on linen, and a few drops of sweet oil on the surface, change the poultice before it gets dry. After the pain and inflammation has subsided apply *Ayer's salve for burns*, until cured. Sometimes hot tea, &c. are taken into the mouth. Drink slippery elm and take a potion of sweet oil, which is the same as castor oil. I know of no treatment equal to this. Give a potion of physic and other medicines as the circumstances may require.

### FREEZING.

Put the part in cold water and rub with flannel and give cayenne or spirits internally. After the frost is out, wash in the tincture of balm of gilead buds, then treat the same as burns.

## THE BITE OF A MAD ANIMAL.

It is probable that the poison is in the saliva, or what we call spittle. All that are bit do not run mad, and the reason is this, that biting through the clothes the spittle is wiped off. *Symptoms.* — It is not certain how long after the bite before the person runs mad. There is seen in the person a sighing, anxiety, love of solitude, twitching of the muscles, horrible dreams and a dread of water, the sight of which causes spasms in the throat and a frothy discharge from the mouth, a desire to bite and finally death ensues.

*Treatment.* — The wound should be cupped as soon as possible, after which apply the caustic of potash until there is a sore; apply a yeast poultice and keep up a discharge. The patient should drink skullcap tea strong and freely, and take a potion of physic twice a week.

## POISONS, MINERAL &amp; VEGETABLE.

When a person has taken opium in an over dose, or any narcotic, give a double portion of the emetic powders, and in ten minutes after the emetic is given, give 2 ounces

of lamp oil. If this does not cause vomiting repeat it in 20 minutes; the person should be kept in motion. *For acids.* — Give vinegar and water, sweet oil, saleratus. *For oil of vitriol.* — Soft soap and water. *For salt-petre.* — An emetic. *Lunar caustic.* — Common salt. *Poison vine or mercury.* — Simmer the bark of white elder in butter-milk and wash often. Also calendine, salt and water, sugar of lead, &c.

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## MIDWIFERY.

### CONCEPTION, PREGNANCY.

Formerly the practice of midwifery was in the hands of experienced females, and should be now, as too much is done by art, while nature should perform her own work. Says Dr. Buchan of England, who had fifty years experience, "Nature if left to herself, will seldom fail to expel the child." The Siamese twins, although joined together, so as to be born both at once, required female aid only.

## DISEASE DURING PREGNANCY.

*Conception.* — Every female has a periodical discharge of blood from the womb, which is called catamenia or menses. This discharge commences at the age of twelve or sixteen. When conception takes place, this generally goes to support the child.

*Pregnancy.* — As soon as this takes place, there are a great many new symptoms, such as suspension of the menses, sickness at the stomach, heartburn, headache, giddiness, &c. The breasts enlarge and the nipples turn to a dark brown color. There is more or less peevishness, irritability and change of countenance, &c. Vomiting proves very troublesome to many women in the first part of pregnancy. The piles are very troublesome at this time, and there is a partial suppression of urine, itching about the parts, costiveness, &c. The motion of the child is felt about the end of the fourth, or the beginning of the fifth month; the uterus fills up the pelvis, and slips out and rises above the edge of it. Persons of a delicate constitution are apt to faint.

*Peculiar Symptoms.* — Fashion causes more trouble than anything else.

*Sickness at the stomach.* — Some are troubled with sickness of this kind, and something needs to be done. Take spearmint tea one pint, and add one teaspoonful of saleratus, take a tablespoonful or two often, also a teaspoonful of paregoric in water. The bowels should be kept regular by the dyspeptic pills.

*Heartburn.* — For this, take carbonate of magnesia one teaspoonful, and chew the inner bark of hemlock.

*Headache.* — When there is a sense of fullness in the head, take a potion of physic, wet the head in water, salt and vinegar, and use a spare diet for a few days.

*Costiveness.* — A proper diet should be taken, as well as medicine. If medicine is necessary, give the dyspeptic pill, one or two at night.

*Piles.* — If the piles prove troublesome, after using the dyspeptic pills, the mullein ointment should be used; the parts well anointed twice a day. Take sulphur and cream of tartar sufficient to keep the bowels open, instead of the pills.

*Toothache.* — For this use the tanic acid freely, by putting it in the tooth on cotton, or clear. If this does not relieve soon, take the oil of cloves on cotton and apply that to the hollow of the tooth. It is not always proper to pull the tooth at this time, but rather than bear it long I should have the forceps applied to it. Remember never to have the turnkey put on any tooth, but in every case the forceps.

*Longings.* — These should always be gratified when it can be done, because the person is uneasy if they are not. The idea that children are marked in this way is doubtful.

*Fainting.* — For this let the person have free air, give a glass of cold water, and ten drops of hartshorn, or compound spirits of lavender one teaspoonful.

*Pain in the breast.* — Rub in spirits of camphor.

*Palpitation of the heart.* — Give a potion of physic, and from ten to fourteen drops of the tincture of foxglove, three times a day, in tea or lavender.

*Swellings and cramp.* — Bathe the parts



with the common liniment, and put the feet in warm water.

*Wakefulness.* — Give hop tea at bed time.

*Retention of the water.* — Take sweet spirits of nitre, one teaspoonful twice a day in spearmint tea.

*Fits or convulsions.* — During the advanced stages of pregnancy, fits occur from various causes, such as fatigue, bleeding, &c.

*Treatment.* — Give a pill of opium as large as a pea, also camphor, and apply friction to the body. Warm applications to the body are useful.

## LABOR AND DELIVERY.

At any time after seven months the *foetus*, or child, is capable of breathing, and may be separated from its mother and thus change its mode of life, but generally it remains two months longer. It is not always possible to tell when conception takes place, but it is said by some French authors that a child may be born nine months and twenty-seven days after conception. Every thing happens in a wonderful manner. It needs but little effort to expel the child. The contractions of the

uterus, or womb, and the muscles of the abdomen cause the sack to burst and the water to discharge, which causes the head of the child to pass through the pelvis and so on. There is more or less pain from first to last, which is called labor pains. A few hours after the pain commences the parts become enlarged and softened, which aids on the work. About three days before delivery there is a flow of mucus from the vagina, and the parts become soft and enlarged. The ligaments become soft and the mouth of the womb flattens, the edges become thinner and slight pains are felt, which are called flying pains. At what is termed the second period, the pain comes on with more force and at intervals of thirty minutes. At this period if the forefinger were introduced a tumor might be felt which is called the waters. The pain increases, the sack breaks, the water passes out in part, and the uterus contracts on itself, &c. The patient can favor the work by making all the muscular effort she can by taking hold of the hands of an assistant, while another supports her back. After a few moments rest

the pain comes on in earnest, and the head is seen in the vulva, and makes an effort to pass. The head being disengaged, the rest is easily accomplished. As soon as the child is born the navel chord which unites the child to the after birth, should have a string tied tight round it, one inch from the child, then it may be cut off a little above that. The midwife should keep hold of the chord that is connected with the placenta, or after birth. After a few minutes the pain commences again to expel the after birth. The discharge from the womb, after delivery, is at first red and after a few days white, which shows that the parts are returning to their natural state.

### MANAGEMENT OF LABOR.

Is it not strange that women are so ignorant of delivery, as to suppose more is accomplished by art than by nature? Hence the most noted accoucheurs are employed to attend, and professional men, in general, have no desire to have it otherwise, because their interest is concerned. I have stood beside the bed, with a pretence of doing much to assist labor, when in fact I was only waiting for

nature to do her own work. If I had not done so, I should have been accused of neglect, &c. I do not say that help is not needed and great skill required at times, but nothing more than an educated female could do, and that skill is not required to any great extent in one case in a hundred.

Says *Dr. W. Beach* of N. Y., "there is not more than one case in a thousand in which you can do more than to remain an idle spectator, except to calm the fears of the ignorant and timid attendants."

All women should be instructed in midwifery, and no man should be allowed to enter the room of the sick, unless on some extraordinary occasion.

### NATURAL LABOR.

The first thing when called to the room of a woman supposed to be in labor, is to ascertain whether the pains are *true* or *false*, and which may be done by a little inquiry. If the pains are flying and occurring mostly at night, being slight and irregular, they are flying pains. If these pains are troublesome, give a tea of hops, or if that is not sufficient,

the resting powders as directed under the head of compounds. Give a few of the dyspeptic pills at night to keep the bowels open.

*True pains* may be known by the pain being concentrated in the lower part of the bowels, hips and loins. The pain comes on regularly and with force every ten or twenty minutes, leaving the woman easy at intervals. When the pain becomes severe, there is a discharge of slimy matter tinged with blood, which is called *shows*. At this period it will be necessary for the person who attends, to examine and see what part of the child makes its appearance. For this purpose the forefinger should be introduced, while the woman sits or lays down. In most cases, or nineteen out of twenty, the head is the part presented. Frequent examinations are not called for.

Says Dr. McNair "all that is needful to be done will suggest itself to any person of common understanding. And I have long labored under the conviction, that the office of attending women in their confinement should be intrusted to prudent females." He also

states, that according to his experience, and the report of most eminent surgeons, that not more than one case in three thousand require the least assistance.

*Dr. Rush*, speaking of child bearing among the Indians, says, "that nature is their only *midwife*, their labors are short and accompanied with little pain, each woman is delivered in a private cabin, without as much as one of their own sex to attend her; after washing in cold water, she returns in a few days to her employment."

*Dr. Whitney* says, "I pledge myself as a physician, that all honest doctors will tell you that labor is a work of nature, and that she generally does best when left to herself. Stevens, in his twenty years' residence in South America, says — "the mother as soon as delivered goes to the nearest stream, washes herself in it, and returns to the usual labor of her station. Washington Irving relates a similar incident.

Having shown who are the proper persons to assist in parturition, and the necessity of depending on nature to accomplish delivery,

I shall proceed to give some directions, how to treat delivery. Having ascertained that there is nothing in the way of delivery, proper preparation should be made so as to have every thing in readiness. Women are generally delivered on a bed or mattress; and every thing should be removed so that the discharges from the uterus, and other discharges may not be uncomfortable to the woman. An oilcloth is a very good thing to spread under the woman. The woman may remain up as long as she desires, but not so long as to retard labor; she may lie down with the head elevated, or in any position that she may desire. Most women lay on the side when delivered, but the back is most natural. A pillow should be placed between the knees to keep them wide apart. The person should be dressed and the dress turned up, so that it may be turned down after delivery. There should be but a few persons in the room, and in no case any whispering, or telling stories about Mrs. Somebody, who had a hard time and died; neither make much noise, but be cheerful and try to quiet the fears of the woman.

When the pain becomes very severe the midwife should sit down beside the woman, and at every pain may put her hand on the parts to ascertain what part makes its appearance, which may be done with the forefinger. When the pain is severe and the water has not come off, we can feel a bag or sack which should be broken, which may be done with the forefinger — if it is very hard to be broken, a goosequill sharpened may be introduced with the forefinger and thus ruptured. When this has been done we must wait awhile, and aid as much as we can, by removing all clothes out of the way, and preventing the head from falling down. I have been obliged to stand for hours over a woman under the pretence of aiding delivery, when in reality I did nothing at all. The question may be asked, is it honest thus to practice deception? I answer, we have to do so to satisfy the ignorant attendants. If the woman is disposed to make much noise she should be directed to hold her breath during pains and so aid nature by pressing downward. The feet may be pressed against the



bedposts, and the woman take hold of the hands of the assistants or a handkerchief and pull when a pain occurs. Sometimes labor is retarded because the parts do not give way, or the situation of the child is such, or by debility. When this is the case, after waiting a sufficient time, we may aid nature by applying a fomentation of bitter herbs to the lower part of the bowels, and by giving warm drinks. If labor still continues we have nothing to fear if there is a right presentation, which may be known by the form of the head, which feels like a large round tumor. When the pains grow less and there appears to be much debility, and we have reason to believe that the presentation is right, the water passed off or the sack broken, we may take of spurred rye or what is called *ergot*, a heaping teaspoonful pounded fine, which may be put into a teacup and a gill of boiling water added, and when cold, a teaspoonful may be given every ten minutes. This will increase the pain and help on the work. It should not be given when it can be avoided. I have given it a number of times, and it has always worked well. When the head has come into the world, I

then take hold of it, (the face is generally towards the mother's back,) and turn it so as to bring one shoulder in front, and at the first pain use force enough to take it at once into the world. Look to see if the navel cord is around the neck, and if so, remove it. About this time be sure to be calm and composed, never be in a hurry or show any excitement. If the mother is faint, give some lavender or camphor, and then pass a string or tape around the cord one inch from the child, and cut the cord with a pair of scissors a little above this. The child should be given the nurse to be dressed. The woman must be covered and lie quiet a little while.

*The after-birth.* — The midwife must keep hold of the cord. If in the course of a few minutes the pain does not commence again the cord must be taken in the left hand, and with the right hand follow the cord down to the placenta or after-birth, and using the forefinger as a hook, get hold of it, direct the woman to hold her breath and press down, and at the same time pull on the cord with the left hand, and on the after-birth with the

other, and in this manner it is taken away with ease. Should it not come away without over-exertion, we must wait an hour and let the patient rest. I have known them to have a nap before the after-birth came away. Everything wet must be removed from the bed.

*Treatment immediately after delivery.*—

As soon as the placenta has been removed, if the person is not exceedingly weak, an assistant should raise the woman, while others remove all the wet clothes from the bed and make it up, and lay her down to rest. Some are in the habit of letting the woman lie in the blood and wet for hours, but this should not be done, as it is attended with great danger. A towel should be pinned around the body so as to be moderately tight. A cloth must be placed so as to absorb the discharges from the womb.

*After Pains.*—Soon after delivery after pains come on, and in some cases prove very troublesome. The quicker the labor has been the lighter will be the after pains, and the uterus contracts less readily after each subsequent delivery, hence the more children one

has the more they will be troubled with after pains.

When there is much pain after delivery, give a resting powder or small pill of opium. *If fever is present*, it must be treated as directed under the head of child bed fever.

*Costiveness* is apt to prevail after delivery, for this I generally give a potion of castor oil or the dyspeptic pills the next day after delivery, and after that as occasion may require, not allowing them to go over one day without an operation from the bowels.

*Flooding or Lochia.* — There is a flow of blood for a number of days after delivery, sometimes it is excessive; when this is the case, apply to the lower part of the bowels a cloth wet in water, spirits and vinegar. If this does not answer give as much tanic acid as will lay on a five cent piece, three times a day, until it stops.

*Milk fever.* — From cold or other causes, the milk becomes obstructed, breast hard, pain in the back.

*Treatment.* — Apply the child to the breast or draw the milk often, apply the following

plaster : — Beeswax one part, salt butter two parts, melt and spread on flannel, cut a hole for the nipple and apply warm and wear them. Give a potion of physic if needed. If there is tumor treat it as directed under that head.

*Milk or swelled leg. (Phlegmosia Dolens.)* — This disease attacks one leg after delivery and sometimes the whole body is affected by it. The limb is stiff and heavy, tender, increase of heat, but no change in the color of the skin. It is supposed that the milk passes into it instead of passing into the breast. *Treatment.* — Give a potion of physic and medicines to promote sweating ; then take ground hemlock or wormwood and hops, steep a pot full, wring large cloths out of it, wrap the limb up in it as hot as can be borne ; repeat often. I received this from a physician who attended lectures at Philadelphia.

### FALLING OF THE WOMB.

This happens after confinement in some women, but may occur at other times. If the womb descends into the vagina, or comes out into the world, it causes much distress, pain in the back, bearing down, great weakness and

nervous irritability. The causes are various, such as lifting, straining, violent exercise, &c. The parts become relaxed that hold up the womb and it falls down. *Treatment.* — A wide bandage should be worn round the lower part of the bowels moderately tight, also a strengthening plaster should be worn on the back; the tonic bitters taken as directed under the head of compounds, the bowels regulated with the dyspeptic pills. This disease cannot be cured without the use of the following injections: — Take oak bark, witch hazel, sumach bark, and make a strong tea, or what is more properly called a decoction, to which add alum; inject into the womb with a female syringe, once or twice a day, about blood warm. There is a great variety of supporters, but the bandage is as good as any of them. When the womb comes down in sight, it should be put back in the following manner: — The woman should lie down on her back, then take the thumb and forefinger and make a gentle pressure on the lower part of the tumor, pressing upward. This should be continued until it is returned

to its proper place. When this is done the woman should lie very still and quiet on her back. A proper sized sponge should be introduced as far up as can be borne, and often removed and cleansed. After the parts have recovered their tone it may be removed.

*Inflammation of the womb.* — For the cure of this see *inflammatory complaints*.

*Sore nipples.* — Wash the parts with borax water, also mullein ointment. Should this fail, anoint the nipples with the oil of eggs. The oil is made by boiling the eggs hard and pressing them between two pewter plates. If the mother has the scrofulous, consumptive or any other disease, she should wean the child, as the child will take the disease or suffer by it at least. A lady who had St. Anthony's fire, communicated it to three children, which destroyed them all. Sweet cream and water, equal parts, is the proper food for children, as it does not curdle. Again, if the mother's health declines while nursing, she should wean the child at once, and take the tonic bitters and ride out often.

## DISEASES OF CHILDREN.

*Stillborn children.* — There is sometimes a thin membrane over the mouth which must be removed. If no life is visible the child should be put in a warm bath for a few moments, when taken out, if it does not breathe, we should breathe into its mouth and then press on the lungs and so on. I have worked in this way for an hour before life was visible. The bowels of all infants are filled with a dark matter, which is known by the name of *meconium*. Nature is sufficient to carry this off, if assisted by the mother's milk, hence the child should be put to the breast as soon as it shows any desire to nurse. If this is not sufficient give a teaspoonful of castor oil.

*Wind in the stomach and gripes.* — Impure milk or improper diet of the mother is the most common cause of it; the mother should take the dysentery cordial. If this does not relieve, the child should take *paregoric* from 20 drops to one teaspoonful. I have in my own family, been obliged to put two of my children in the warm bath, which restored them, though apparently dead.



*Chafing or galling.* — To prevent this the child should be washed clean and kept dry; apply pulverized slippery elm bark to the parts, also mullein ointment.

*Sore mouth or canker.* — I use tanic acid for this, giving it in the following manner: Take one teaspoonful, put it in one half pint of soft water, give two teaspoonfuls four times a day, wash the mouth with the same. Gold thread, inner bark of hemlock and sage tea are good.

*Convulsions or fits.* — When this occurs from teething, give a dose of paregoric, immerse the feet in warm water. When the navel is sore, apply the black salve.

*Tongue-tied.* → If it needs to be cut, take the child to a physician and have it done, as it requires much skill.

*Club or deformed feet.* — They should be put in proper shape at birth, and kept in place by proper splints and bandages.

*Choaking.* — Strike the child on the back or introduce the forefinger into the mouth and take the substance out.

## MANAGEMENT OF CHILDREN.

The foundation of a good constitution is laid in infancy, hence the importance of understanding the best method of managing children in order to preserve health. For want of this knowledge, children are left to sicken and die. The question is often asked why are not people as strong and long lived as formerly? The reason is this, the diet is not the same, fashion has changed and the system is loaded with mineral poison. If the mother has milk enough the child will need nothing more until the third month. After this the child should have new or sweet cream and water sweetened with crashed sugar. Next to milk we would recommend good bread. Many are in the habit of pouring down rich substances into the stomach of the child, and thus destroying the child.

*Dr. Combe* says, "the leading error in rearing of the young, I must again repeat, is *over feeding*, an error serious in itself, but which may easily be avoided by the parents yielding only to the indications of appetite, and administering the food slowly and in

small quantities at a time. By no other means can the cholic, bowel complaints, and irritability of the nervous system, so common in infancy, be effectually prevented; strength and healthy nutrition secured. Nature never meant the infant stomach to be converted into a receptacle for laxatives, carminatives, anti-acids, spicy stimulants and astringents; when these become necessary we may rest assured, that there is something faulty in our management, however perfect it may seem to ourselves. 'The only exception is where the child is defectively constituted, then, of course, it may fail to thrive under the best measures which can be advised for its relief.'

Another cause of infantile indigestion, and which is much overlooked, through ignorance of its importance, is *vitiating of the quality of the milk*, caused by neglect or anxiety on the part of the mother. The extent to which this cause operates in inducing irritation and suffering in the child, is not generally understood; accordingly, it is not unusual for mothers to display as much indifference to health, regimen and tranquillity of

mind during nursing, as if the milky secretions and all other bodily functions were independent of every external and corporeal influence. Healthy, nourishing and digestible milk can proceed only from a healthy and well constituted parent ; it is against nature to expect, that if the mother neglects exercise, impairs her health and digestion by improper diet, impure air or unruly passions, she can nevertheless provide a wholesome and uncontaminated fluid, as if she were exemplary in her observance of all the laws of health. It is no new or uncertain doctrine, that the quality of the mother's milk is affected by her own health and conduct, and that it turns directly on the child, so that the iniquity of the parent is visited on the child. Medicine given to the mother acts on the child through the medium of the milk ; fits of anger and other violent mental emotions will cause gripes in the child. We see then the importance of a well regulated diet and a proper state of mind while nursing.

One of the most pernicious habits in which children can be indulged, is that of almost

incessantly eating. Many mothers encourage it, from the facility with which, for a time, the offer of something nice procures peace. Even from infancy, the child should be gradually accustomed to eat only when hungry, or when food is really required. After two years of age, an interval of 4 hours between meals will rarely be more than enough; to give biscuit, fruit or bread in the mean time, is just subtracting from the digestive powers of the stomach. Like almost every organ of the body, the stomach requires a period of repose after the labor of digestion; accordingly, in the healthy state, the sensation of appetite never returns till it has been for sometime empty. To give food sooner, therefore, is analogous to making a weary traveler walk on without the refreshment of a halt.

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## DIGESTION.

This subject has been involved in darkness, until a series of experiments has been instituted by Dr. Beaumont of the American

army, on the person of Alexis St. Martin, a young Canadian, eighteen years of age, which shows the nature of digestion more clearly than has ever before been done. He was accidentally wounded by a gun on the sixth of June, 1822. "The charge," says Dr. Beaumont, "consisting of powder and duck-shot, was received in the left side, and blew off the integuments to the size of a man's hand, breaking some of the ribs, lacerating the lower portion of the left lung, and penetrating the stomach. On the fifth day, sloughing took place; portions of the lung, bones and stomach separated, leaving an opening in the stomach large enough to admit the whole length of the finger into its cavity, and also a passage into the chest half as large as his fist. After one year the wound closed, leaving the orifice into the stomach, which remained open, two and a half inches in circumference. For some months the food could be retained only by wearing a compress, but finally a small fold of the villous coat of the stomach began to appear, which gradually increased till it filled the aperture and acted

as a valve, so as completely to prevent any efflux from within, but to admit of being easily pushed back by the finger from without."

This was a favorable opportunity for making experiments on the process of digestion, which was improved by Dr. Beaumont, and has given much light on this important subject. The first disputed point which is conclusively settled by the Doctor, is, that the gastric juice does not continue to be secreted between the intervals of digestion, and does not accumulate to be ready for acting upon the next meal. He observed a difference between food taken in the usual way, and when introduced by the wound. The gastric juice commenced to issue from the coats of the stomach, as soon as food was taken. The coat of the stomach changed from a pale pink to a deeper red, the worm-like motions of the stomach became excited, and from innumerable little lucid points could be seen distilling a pure, colorless and slightly viscid fluid, called the *gastric juice*, which mixed with the food. He also found that whenever a fever-

ish state ensued, whether from obstructed perspiration, from undue excitement by stimulating liquors, from overloading the stomach, or from fear, anger, or other mental emotion depressing or disturbing the nervous system, the villous coat of the stomach became sometimes red and dry, and at other times pale and moist, and lost altogether its smooth and healthy appearance. When the stomach was thus affected, there was dryness of the mouth, thirst, fever, and sometimes the gastric juice could not be procured by the most stimulating food. This shows that not much food should be given in fevers, &c. To find out the strength of the gastric juice, the Doctor withdrew from St. Martin's stomach one ounce of the juice, after he had fasted seventeen hours, by introducing first a thermometer to induce the secretion, and then a tube to carry it off. He first put the juice in a phial, and then added three drachms of boiled salted beef. He then corked the phial and immersed it in water raised to the temperature of 100 degrees of heat, which he had ascertained to be the heat of the stomach. In forty minutes



digestion had commenced on the surface of the beef, in forty minutes the fluid was dark and cloudy, and the texture of the beef began to loosen and separate. In sixty minutes chyme began to form, and in one hour and a half the muscular fibres hung loose, and floated about. In three hours they had diminished about one half. In five hours only a few remained undissolved. In seven hours the muscular texture could not be seen, and in nine hours the solution was completed. To compare the natural way of digestion with the last named way, he took a piece of the same beef, of equal weight and size, and suspended it in the stomach by a string. At the end of thirty minutes it appeared the same as that in the phial, but in one hour and a half, when he drew out the string, the beef was completely digested; making a difference of seven hours.

I shall give a table showing the results of all the experiments performed on the stomach of St. Martin, by Dr. Beaumont, up to 1825.

## TABLE.

<i>Articles of food.</i>	<i>Time required to digest.</i>	<i>Articles of food.</i>	<i>Time required to digest.</i>
	H. M.		H. M.
Rice, boiled,	1 00	Corn cake, baked,	3 00
Eggs, whipped,	1 30	Apple dumpling,	"
Trout, salmon, fresh,	"	Oysters, roasted,	3 15
Soup, barley, boiled,	"	Pork recently salted,	"
Apples, sweet, mellow,	"	Mutton, fresh, roasted,	"
Sago, boiled,	1 45	Carrot, boiled,	"
Tapioca, "	2 00	Sausage, fresh, boiled,	3 20
Milk, "	"	Codfish, fresh, fried,	3 30
Liver, beef, fresh, boiled,	"	Butter, melted,	"
Eggs, fresh, raw,	"	Old cheese,	"
Codfish, dry, boiled,	"	Soup, mutton,	"
Apples, sour, raw,	"	Wheat bread, fresh,	"
Cabbage & vinegar, raw,	"	Turnips, flat,	"
Milk, raw,	2 15	Eggs, hard boiled,	"
Eggs, roasted,	"	Green corn and beans,	3 45
Turkey, wild, roasted,	2 18	Beet, boiled,	"
" dom. boiled,	2 25	Salmon, salted, boiled,	4 00
Goose, roasted,	2 30	Beef, fresh, fried,	"
Pig, "	"	Veal, fresh, boiled,	"
Lamb, fresh, boiled,	"	Fowls, boiled or roasted,	"
Hash, meat & vegetable,	"	Ducks, " "	"
Beans, pods, boiled,	"	Soup, beef, vegetables	
Parsnips, boiled,	"	and bread,	"
Potatoes, roasted,	"	Beef, old, hard, salted,	4 15
Spinal marrow, boiled,	2 40	Pork, recently salted,	
Chickens, full grown,	2 45	fried,	"
Custard, baked,	"	Soup, marrow bones,	"
Beef with salt, boiled,	"	Cartilage,	"
Apples, sour, hard,	2 50	Pork, recently salted,	
Oysters, fresh, raw,	2 55	boiled,	4 30
Eggs, soft boiled,	3 00	Veal, fresh, fried,	"
Beef, fresh, lean, rare,	"	Cabbage boiled,	"
Pork recently salted,	"	Suet, beef, fresh, boiled,	5 03
Mutton, fresh, boiled,	"	Pork, fat & lean, roast,	5 15
Chicken soup,	"	Tendrons, boiled,	5 30

This table, although of interest to all, is not to be relied on fully, as food will digest sooner when a person has been without for a long time. The mind, health, exercise, minuteness of division and tenderness of fibre has much to do in the matter. Animal food has a greater quantity of nutriment in a given bulk than vegetables, and is more heating.

We may see from the above, the importance of chewing the food fine, and using moderation when we eat.

### MERCURY.

A metal differing from all others, it being always fluid, unless subjected to a temperature of  $39^{\circ}$  when it becomes solid. Some of its names suggest its silvery appearance and liquid form, as *hydrargyrum* or silver water; others its mobility and liquidity, as well as its resemblance to silver, as *argentum vivum*, *aqua argentum*.

*Ores of mercury.* — 1. Native or virgin mercury. 2. Native amalgam. 3. Native cinabar. 4. Corneous mercury.

*Preparations of mercury.* — Their English and Latin names. 1, mercury and chalk

*hydrargyrum cum creta*. This is composed of three parts of mercury and five of chalk ; 2, mercurial pills, *pilule hydrargyri*, or blue pill. This mass consists of mercury rubbed with confections of red roses ; three grains contain 1 grain of mercury ; 3, mercurial ointment, *unguentum hydrargyri*. This consists of mercury and lard ; 4, gray and black oxide, *hydrargyri oxidum* ; 5, red oxide ; 6, red precipitate ; 7, calomel, sometimes called sub-murios of mercury ; 8, corrosive sublimate ; 9, white precipitate ; 10, iodide of mercury ; 11, red iodide ; 12, red sulphuret. We might name more.

### TERMS USED IN MEDICINE.

*Narcotics*. Narcotics lessen action and produce sleep. •

*Anti-spasmodics* allay irritation and spasms.

*Tonics*, give tone and strength to the system.

*Astringents*, bind and contract.

*Emetics*, excite vomiting.

*Purgatives*, increase the motion of the bowels.

*Diuretics*, increase the discharge of water.

*Diaphoretics*, are medicines which promote perspiration.

*Sudorifics*, promote sweating.

*Expectorants*, cause one to raise.

*Rubefacients*, are those medicines that redden the skin when applied to it.

*Alteratives*, are those remedies which promote a change favorable to recovery.

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## COMPOUNDS.

### TABLE OF DOSES.

As a general rule, a person from 14 to 20 years should take two thirds of a dose intended for an adult; from 9 to 14 one half; from 6 to 9 one third; from 4 to 6 one fourth; from 2 to 4 one sixth; from 1 to 2 one tenth; below, one twelfth. A woman a little less than a man. When no mention is made of the dose, a potion for an adult is intended, and we must use our judgment.

## VEGETABLE COMPOUND.

Lifeman root,	1 ounce.
Hoarhound tops,	1 “
Comfrey root,	1 “
Bloodroot,	1 “

Pulverize all of the above fine, and add two quarts of water and boil three hours and drain off and add two lbs. of white sugar, then set it on the fire and form a syrup. Before adding the sugar, boil the liquid down to one quart. Let it settle, and bottle for use.

Give two or three tablespoonfuls three times a day. This is a valuable preparation in all long standing coughs.

## TONIC BITTERS.

Gentian,	2 tablespoonfuls.
Quassia,	2 “
Sub Carb. Soda,	2 teaspoonfuls.
Ginger,	1 tablespoonful.
Bloodroot, fine,	$\frac{1}{2}$ teaspoonful.

Mix and add one pint and a half of boiling water and steep one hour, then strain and add one lb. of sugar and one half pint of spirits, and bottle for use.

Dose, from one to two tablespoonfuls three

times a day. This is one of the best preparations I have ever used. It is useful whenever a bitter is called for.

#### WILD CHERRY BITTERS.

Wild cherry makes one of the best bitters ever known, for persons who have any local irritation about them. It should be steeped in cold water, or it has no value. Put the bark in an earthen pot and add cold water and let it stand two days, and then drink freely. This is very useful in low bowel complaints and consumption.

*Chamomile flowers* form a good bitter for weakly and consumptive persons. *Ginseng* is good also.

#### DIURETIC DROPS.

Sweet spirits of nitre,           2 ounces.  
Spirits of turpentine,       1 teaspoonful.  
Mix these together.

To be shaken before given. Dose, a small teaspoonful three or four times a day in spearmint tea. These drops are good for scalding of urine, inflammation of the kidneys, dropsy, &c.

## CHOLERA DROPS.

Gum camphor,	3 ounces.
Compound spirits of lavender,	4 “
Laudanum,	4 “
Spirits of turpentine,	$\frac{1}{2}$ “
Alcohol, (it must be the best,)	1 pint.

Mix, and let it stand one week in a warm place.

Dose, 1 teaspoonful in warm water and sugar, to be taken at a dose, and the same dose repeated after each spell of vomiting, until four or five doses have been taken, when it is given for vomiting in cholera morbus. I can say more of this compound than I can of most others, and that is, that it has never failed in any instance. It is good for vomiting whenever it occurs. It is good for wind in the stomach, fainting, &c. I received this from a worthy physician of Maine, and he took it from a medical Journal. It was used in the cholera with great success. I would not part with it for any sum of money, as it has been of great personal benefit to me.

## TOOTHACHE DROPS.

Oil of sassafras,	$\frac{1}{2}$ ounce.
Oil of cloves,	$\frac{1}{2}$ “



Mix; dip a piece of cotton in the drops and put it in the tooth. This a very good remedy, but tanic acid is far better, and may be used freely. The mode of using it is as follows:—Put a large pinch into the tooth, or wet a piece of cotton and take up as much of the acid as you can and put it into the tooth. There is no danger in using this.

#### DECOCTION FOR THE GRAVEL.

Queen of the meadow,	3 ounces.
Juniper berries,	3 “
Wild carrot seeds,	3 “

Add four quarts of water and boil down to one, then add two ounces of gum arabic and half an ounce of nitre, called saltpetre. Dose from one to two wineglassfuls three times a day. This is good for inflammation of the kidneys, bladder, bloody urine, &c.

#### EYE WATER.

Take as much sugar of lead as will lie on a three cent piece, and put it in two ounces of rain or soft water. This is as good an eye water as I have ever used. Use three or four drops at a time, morning and evening.

## FOMENTATION OF BITTER HERBS.

Take hops and wormwood, and boil in water and vinegar; then take the herbs out and put them in a bag made of cloth, and apply them to the stomach or bowels or other parts, as may be required. Nothing can be found better than this to relieve pain and inflammation. Tansy and catnip may be added to it. I have sometimes used a fomentation of poppy heads and vinegar.

## A GARGLE FOR SORE THROAT.

Sumach berries,  
 Blackberry, bark of root,  
 White oak bark,  
 White elm bark.

Of each a handful. Make a strong tea, and add a piece of alum. Gargle often. Good for sore throat and mouth. Sage and hyssop, with a little borax, is good when there is much inflammation.

## WORM INFUSION.

Best pink root,	$\frac{1}{2}$ ounce,
Senna,	$\frac{1}{2}$ “
Fennel seeds,	$\frac{1}{4}$ “

Add a pint and a half of water and steep

one hour. Let it cool, and sweeten. Dose, for a child four years old, a wineglassful three times a day. This is a good medicine for worms in children.

The following is a good remedy for worms : Oil of wormseed, given eight drops at a dose, three times a day for three days, then give castor oil. This is a sure remedy, and may be used with safety.

## INJECTION.

Milk,	1 pint,
Slippery elm,	1 teaspoonful,
Olive oil or lard,	1 ounce.

This should be given with a large syringe, every two hours. This is useful in bowel complaints, where much pain is felt in the bowels. It might be well to add from ten drops to one teaspoonful of laudanum to each injection. This is of great importance in bowel complaints.

## COMMON LINIMENT.

Oil of hemlock,	$\frac{1}{2}$ ounce.
Gum camphor,	$\frac{1}{4}$ “
Gum opium,	$\frac{1}{4}$ “
Add one pint of alcohol and mix.	

This is good for pain and inflammation in the breast or throat, quincy, white swelling, or any other inflammation.

#### RHEUMATIC TINCTURE.

White turpentine,	4 ounces,
The juice of garget berries,	4 “
Good cider,	3 gallons.

Let it stand one week.

Dose, a wineglassful three times a day.  
Good for chronic rheumatism.

#### BITTERSWEET OINTMENT.

Bittersweet,	$\frac{1}{2}$ lb.
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Add water and boil soft, add 1 lb. of lard or fresh butter, simmer it awhile, then drain off. This is good for scrofulous tumors and swelling.

#### ADHESIVE PLASTER.

Resin,	1 $\frac{1}{4}$ lb.
Beeswax,	2 oz.
Mutton tallow,	2 oz.

Melt all of the above in a kettle, add  $\frac{1}{2}$  teaspoonful of the oil of cedar, 4 tablespoonfuls of fir balsam, then turn it into cold water and work it into rolls. This is a kind

of plaster that I have made for years, and have been offered for this receipt \$100. It is good for corns, cuts, sprains, lame back and side, also sores of most kinds to which mankind are subject.

#### SALVE, PLASTER OR BASILICON OINTMENT.

Resin,	5 ounces,
Lard,	8 do.
Beeswax,	2 do.

Melt them together, strain them through linen, and stir them constantly until cool. *Basilicon ointment* is used for burns, scalds and chilblains. Ayer's salve for burns is better than this.

#### TINCTURE OF IPECAC.

Ipecac,	1 ounce,
New Rum,	1 pint.

Let it stand one week and drain off. This is a good emetic for children in croup, or whenever one is needed. *Dose.* — 1 ounce for adults; for a child 2 years old 1 teaspoonful every 15 minutes till vomiting is produced.

#### MUSTARD PLASTER.

Take rye meal, make a poultice, spread it

on a piece of cloth and cover the surface with mustard. This is good to apply to the stomach and bowels in case of inflammation of any kind, and is much better than blisters.

### BILIOUS PILL.

Aloes,	5 ounces,
Castile soap, scraped fine,	1 “
Gamboge,	1 “
Colocynth, extract of,	1 “
Cayenne,	2 “

Pulverize fine, put it in a basin, add 1 glass of water, then put it over a gentle fire and let it melt, then remove it from the fire and cool, roll it into pills the size of a common pea. *Dose.*—From 3 to 5. A little flour will be required in forming the pill. This is one of the best pills for all common cases that I ever saw; it works with power without pain or costiveness.

### DYSPEPTIC PILLS.

Socotrine aloes,	2 ounces,
Castile soap,	1 “
Colocynth in powder,	1 “
Extract of gentian,	2 “
Oil of peppermint,	$\frac{1}{4}$ “

Pulverize and mix, form into pills as above.  
*Dose.* — 1 after each meal or 2 at night. This is good in dyspepsia, costiveness and in any case of debility.

## HEPATIC PILL.

Aloes,	2 ounces,
Mandrake,	2 “
Extract of Dandelion,	2 “
Oil of Peppermint,	$\frac{1}{2}$ “

Form into pills as above. *Dose* — From 1 to 5, once or twice a day. Good for liver complaint, &c.

## MANDRAKE PILLS.

Extract of Mandrake,	1 ounce,
Cayenne,	$\frac{1}{2}$ “

Form into pills common size. *Dose* — 3 to 4 at night. If this prove too strong one may be taken morning and night. Good for liver complaint, dropsy and dyspepsia. This will cure when all other means fail.

## SNUFF FOR CATARRH.

Babery,	2 parts,
Bloodroot,	1 “
Gum myrrh,	1 “
Gum arabic,	1 “

Pound fine and mix. This is the best snuff I ever used, as it has cured me when blood and matter have been blown from my head. One physician remarked, that he would not take five thousand dollars for one ounce, provided no more could be obtained.

#### EMETIC POWDER.

Ipecac,	1 ounce,
Lobelia,	1 “
Bloodroot,	$\frac{1}{2}$ “

Pulverize and mix. Give medicine to warm the stomach, then give  $\frac{1}{2}$  teaspoonful every 15 minutes in warm sweetened water until it operates. There is no emetic like this; I have given Antimony, Lobelia, and a number of other kinds, but none work so easy and so effectually. Give freely of herb tea.

#### RESTING POWDER.

Gum opium,	$\frac{1}{2}$ drachm,
Camphor,	1 “
Super carbonate of soda,	$\frac{1}{2}$ ounce.

Mix after pounding fine. *Dose.* — For an adult  $\frac{1}{2}$  teaspoonful, or ten grains. Drop a few drops of alcohol on camphor, and then you can pulverize it as often as the case may



require. This powder will cause a moisture of the skin and give rest. There is nothing better than this, for the purpose for which it is given.

#### COMPOUND POWDER OF MANDRAKE.

Mandrake,	1 ounce,
Ginger,	1 “
Cream of tartar,	1 “

Mix. *Dose.* — 1 teaspoonful. This is a perfect substitute for mercury. It should be given in the following diseases: — Liver, Dyspepsia, obstructed menses, Dropsy, yea, in every taint of the system. It is well sometimes to give  $\frac{1}{4}$  part of a dose, and give it oftener. I generally give a full dose every third night, but the smaller dose may be given as much oftener as it is smaller. You can buy mandrake in a concentrated form, which is just as good. *Dose.* — As much as will lay on a three cent piece, to be given with cayenne.

#### COUGH POWDER.

Ipecac,	2 parts,
Cayenne,	1 “
Opium,	$\frac{1}{2}$ “

Mix. *Dose.* — As much as will lay on a three cent piece. (It should not be heaped up; but what will lay on it,) or 5 grains; should not give enough to sicken. To be given three times a day, or every 4 hours in molasses or honey. This will allay irritation of the lungs when all other means have failed.

#### BLACK SALVE.

Olive oil, (sweet oil,)	1 pint,
Resin,	$\frac{1}{2}$ ounce,
Beeswax,	$\frac{1}{2}$ “

Melt the articles together, when hot, add  $\frac{1}{2}$  pound of red lead and let it boil for a while, then remove it from the fire. Take tagg alder or common brook alder bark and boil to a syrup, and add it to the first, melt and mix, before it cools puff it full of puff ball, as full as it can be puffed and let it cool. Good for burns, fever sores, scrofulous ulcers, &c. It should be spread thin on a piece of linen and removed twice a day.

#### SCROFULOUS SYRUP.

Bittersweet, bark of root,	1 lb.
Yellow dock root,	1 lb.

Boil till the strength is extracted, then boil down to 1 qt., add two pounds of syrup and form a syrup, remove from the fire and when cold bottle up for use, add 1 ounce of the Hydrodate of potash. *Dose.* — 1 tablespoonful 3 times a day. The world affords no remedy like this. With this I have cured the worst humors I ever saw.

#### BLACKBERRY SYRUP.

Bark of the root of blackberry, one pound; to be steeped two hours in two quarts of water, and drained off and steeped down to one quart; then add two pounds of crashed sugar and form a syrup, and when cold add one half pint of best brandy and bottle for use. *Dose*, from one to two tablespoonfuls three times a day. This is of great value in bowel complaint after the bowels have been cleansed.

#### LAVENDER COMPOUND.

Flowers of lavender,	$\frac{1}{4}$ ounce,
Nutmeg,	$\frac{1}{4}$ “
Mace,	$\frac{1}{4}$ “
Cloves,	$\frac{1}{4}$ “
Cinnamon,	$\frac{1}{4}$ “

Pound fine, and add one quart of spirits, and let it stand a few days. Dose, one or two teaspoonfuls may be taken often in a little water or tea. This is a good compound for fainting, wind in the stomach, &c.

#### SPIRITS OF CAMPHOR.

Take of gum camphor,	2 ounces,
Alcohol,	1 pint.

The use of this is well known.

#### BOTANICAL TINCTURE.

Gum guaiacum,	1 ounce,
Nitre or saltpetre,	1 “
Gum camphor,	$\frac{1}{4}$ “
Balsam tolu,	$\frac{1}{4}$ “
Spirits,	2 quarts.

Mix. Dose, two teaspoonfuls three or four times a day in a tumbler of prickly ash tea. This was compounded by Dr. Budd, a very celebrated physician, of N. Jersey. There is no medicine that I have ever used that works so well as this in rheumatic complaints, obstructed menses, and whenever the blood is poor and the system is in a dormant state.

## TINCTURE OF LOBELIA.

Lobelia herb,	2 ounces,
Spirits,	1 pint.

Mix, and let it stand one week.

The dose of this as an emetic is one half ounce. This is useful in asthma, in twenty to sixty drops given every few minutes until relief is obtained.

## TINCTURE OF BALM OF GILEAD BUDS.

Balm Gilead buds,	2 ounces,
Spirits,	1 quart.

Dose, from one to three teaspoonfuls, two or three times a day. Good for colds and coughs, pain in the breast and weak stomach. The best wash for cuts ever known.

## TURLINGTON'S BALSAM OF LIFE.

Flowers of benzoin,	1 ounce,
Liquid storax,	$\frac{1}{3}$ "
Socotrine aloes,	2 scruples,
Peruvian balsam,	1 drachm,
Gum myrrh,	2 scruples,
Angelica root,	1 "
Balsam of tolu,	$\frac{1}{3}$ ounce,
Extract of liquorice,	$\frac{1}{3}$ "
Alcohol,	12 "

Mix, and let it stand one week, and drain off. Dose, fifteen drops three times a day in water. This has been long before the public, and is well known. Perhaps it would be cheaper to buy it of the apothecary already made. Good for a weak stomach, bronchial difficulty. In fact it is recommended for almost every thing.

#### TINCTURE OF CAYENNE.

Cayenne, 1 ounce.

Alcohol and water,  $\frac{1}{2}$  each, 1 quart.

Mix. Dose, from one half to one teaspoonful in sweetened water. This forms a good liniment for rheumatism or palsy.

#### LAUDANUM OR TINCTURE OF OPIUM.

Opium,  $1\frac{1}{4}$  ounce,

Alcohol and water,  $\frac{1}{2}$  each, 1 pint.

Dose, from thirty to seventy-five drops for a grown person. This is the same as opium; twenty-five drops containing one grain of opium.

COMPOUND TINCTURE OF CAMPHOR, OR  
PAREGORIC.

Opium,	1 drachm,
Flowers of benzoin,	1 “
Gum camphor,	2 scruples,
Oil of anise,	1 drachm,
Spirits,	1 quart.

Mix. Dose, for an infant, from five to twenty drops; for a child one year old, one teaspoonful. There is only one grain of opium to one ounce of paregoric. Nothing better than this for cross children, wind in the stomach, cough, irritation in the stomach and bowels.

## TINCTURE OF FOXGLOVE.

Foxglove,	1 ounce,
Spirits,	$\frac{1}{2}$ pint.

Dose, from ten to twenty drops three times a day; ten to sixteen is a general rule. This is a perfect substitute for the lancet in all cases. When the inflammation is very great, give this. I use it in fevers, pleurisy, and for dropsy, palpitation of the heart, lung fever, dropsy of the chest, inflammation of the chest, when the pulse is quick and hard.

## ESSENCE OF PEPPERMINT.

Oil of peppermint,	1 ounce,
Alcohol,	1 pint.

Mix. Dose, one teaspoonful. Good for pain, cramp, &c. All other essences made in the same manner.

## COOLING WASH.

Sugar of lead,	1 teaspoonful,
Rain water,	1 pint.

This is very useful in erysipelas, and for inflammation generally.

## ASTRINGENT WASH.

Bark of hemlock,  
Sumac bark,  
White oak bark,

of each a handful. Make a strong decoction and add a little alum. Good for falling of the bowels, womb, &c. It should be injected twice a day.

## DYSENTERY CORDIAL.

India Rhubarb, pulverized,	1 ounce.
Saleratus,	1 “
Cloves,	1 “

Mix. To a tablespoonful add half a pint



of boiling water, and sweeten with crashed sugar. *Dose.*—Two tablespoonfuls from every fifteen minutes to three times a day, according to symptoms. This is of great value in bowel complaints, diarrhea, dysentery, cholera morbus, &c. I have used it six years and have given it to more than 200 persons, and never lost one. As soon as it operates on the bowels, by giving it every 15 or 30 minutes as directed above, it should be given only three or four times a day, and continued throughout the disease.

## PAIN-KILLER.

Gum myrrh,	2½ lbs.
Cayenne	10 ounces,
Laudanum,	8 “
Gum benzoin,	6 “

Add 5 gallons of spirits and put it in a jug, put the jug in boiling water for a few hours, and it will be fit for use, Those who are fond of Perry Davis' pain killer or Thompson's No. 6 drops may use this.

## THE GREAT COUGH REMEDY OR CHERRY PECTORAL.

Syrup of wild cherry,	4 pints,
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Sulphate of morphia,	1 drachm,
Tincture of antimony or lobelia;	1 pint,
Tincture of ipecac,	1 “
Tincture of bloodroot,	5 ounces.

Mix. Dose, from one fourth to one teaspoonful three times a day.

I will tell you how to prepare this medicine in full. To make the syrup of cherry, take one pound of the bark of wild cherry, dried, add to it four pints of cold water and let it remain in the cold water two days, then add to it four pounds of crashed sugar. It should be remembered that hot water kills the life of cherry. Sulphate of morphia is to be had at the shops. Next is the antimony. New rum one half pint, and water the same; to this add one scruple of antimony, and let it set a few days. ~~The~~ tincture of lobelia is far better than the antimony, as it does not affect the bowels. The next is tincture of ipecac. Take of ipecac one ounce, and steep it in a pint of water. The bloodroot tincture is prepared as follows;—bloodroot fine one half ounce, new rum six ounces, let it

stand one week. Mix all of the above in a dish, and add two and a half pounds of sugar, and after four days drain off and bottle for use. This is equal to Ayer's cherry pectoral, if it is not the same. No preparation in the whole world can compare with this.

#### AYER'S SALVE FOR BURNS.

Beeswax,	1 ounce,
Bergundy pitch,	4 "
Sweet oil,	3 "

Mix and melt, and then cool.

I received this from Rev. Eli Ayer of North Palermo, Me., a well known physician of forty years experience. He says he has not found any thing equal to it for burns in all his experience. Directions; spread on linen and apply to the burn in any stage of it. It is good for all sores where a mild application is required.

#### THOMPSONIAN COMPOSITION.

Babery bark fine,	2 pounds,
Ginger,	1 "
Cayenne,	2 ounces,
Clove fine,	2 "

Mix. Dose, one teaspoonful in sweetened water with a little milk. Good for colds.

## TAR OINTMENT.

Tar and suet, equal parts, simmered together. This is good for scaldhead, salt rheum, &c.

## BLISTERING PLASTER.

Spanish flies,	2 ounces,
Beeswax,	1 “
Resin,	1 “
Lard,	1 “

Melt the last three and add the flies in a fine powder, and stir till cold. When this is used, do not let it remain too long.

The skin should be moistened with vinegar before the plaster is applied, and thin gauze put next to the skin. A bread and milk poultice should be applied as soon as the blistering plaster is removed. If you wish to heal the blister, apply Ayer's salve for burns, spread thin.

## SIMPLE SYRUP.

Crashed Sugar,	2½ lbs.
Water,	1 pint.

Dissolve the sugar by a gentle heat and remove all scum.

## SYRUP OF IPECAC.

Take of Ipecac 1 ounce and steep it in 1 pint of water one hour, and then drain off the liquor, add  $3\frac{1}{2}$  pounds of crashed sugar, set it on the fire for a few minutes; there should be 2 pints of it when done. *Dose.* — As an emetic for a grown person 1 ounce; a child 2 years old, one or two teaspoonfuls every 15 minutes until it operates. When taken for a cough or in lung fever, the dose for an adult is, 1 or 2 teaspoonfuls 3 times a day. For a child from 5 to 30 drops. This is the best emetic for children.

## SYRUP OF POPPIES.

Take of poppy head and leaves,	8 oz.
Sugar,	1 lb.

Add the poppies to 1 gallon of water and boil one hour, drain it off and boil down to 6 ounces, add sugar and let it dissolve. This is good for children to procure rest and for a cough. *Dose.* — For an infant, from  $\frac{1}{2}$  to 1 teaspoonful. For an adult,  $\frac{1}{2}$  to 1 ounce. This is of great use and should be prepared with exactness.

## AROMATIC SYRUP OF RHUBARB.

Rhubarb,	2½ ounces,
Cloves and Cinnamon, each,	½ “
Alcohol,	1 quart.

Add all to the alcohol and let it stand two weeks. Evaporate to 1 pint and add 6 pints of syrup. *Dose.* — For an infant with the diarrhea is a teaspoonful every two hours until it operates. It is some work to make this but children take it readily.

## HIVE SYRUP.

Squills,	4 ounces,
Seneca,	4 “
Antimony and Potassa,	4 grains,

Add 2 quarts of water to the first two articles and boil to one quart, then add 3½ lbs. of sugar, boil to 3 pints, while hot add the antimony and potassa. *Dose.* — As an emetic for children from 1 to 6 years old, from 10 drops to 1 teaspoonful every 15 minutes until it vomits. As an expectorant for adults, 10 to 30 drops. This is good in lung fevers, given in doses that will not make the patient sick at the stomach; to be given every 5 hours. It is good for croup and cough, I have

used this for years, with much benefit. Dr. A. Garcelon of Lewiston Falls, Maine, advised me to use it in case of lung fever as an expectorant, which I did with good effect, but when the bowels are loose its use should be discontinued.

## TINCTURE OF ALOES AND MYRRH.

Tincture of myrrh,	2 pints,
Aloes,	3 ounces,
Saffron,	1 “

Mix and let it stand two weeks. *Dose.* — 2 teaspoonfuls. This is good for a languid state of the system and deficient menstruation.

## TINCTURE OF MYRRH.

Myrrh,	4 ounces,
Alcohol,	3 pints.

Mix, and let it stand two weeks.

*Dose,* from one half to one drachm which is equal to one teaspoonful.

## ELDER OINTMENT.

Leaves of white elder,	1 pound,
Lard,	4 “
Boil the leaves in the lard for a few hours,	

and strain. This is a cooling ointment. It is a popular remedy in England.

#### SULPHUR OINTMENT.

Sulphur,	1 ounce,
Lard,	2   “

This is a specific for the itch. While this is rubbed on the surface, the following should be taken internally:—Sulphur two parts, cream of tartar one part; mix with molasses, and take one teaspoonful every other night at bedtime.”

#### HOT DROPS, OR WHAT IS CALLED NO. SIX.

Gum myrrh fine,	1 pound,
Cayenne,	1 ounce,
Spirits,	1 gallon.

Add the myrrh and cayenne to the spirits and let it stand one week in a warm place. This is used internally for fainting, pain in the stomach, and a great many other complaints, and externally for rheumatism. Dose, from one teaspoonful to one tablespoonful. This is one of Thompson's best remedies.

#### AYER'S PILLS.

The following receipt for making Ayer's



pills, I took from a letter in his own handwriting. You can make them cheaper than you can buy them. I think them a very good pill.

Castor oil,	4 ounces,
Extract of senna,	3 “
Extract of colocynth,	2 “
Aloes fine,	1 “
Oil of peppermint,	3 teaspoonfuls.

Melt over a gentle fire, and form into pills of the common size. Dose, from 3 to 5.

#### BALM OF GILEAD BUDS.

To one ounce of the buds bruised, add one pint of spirits. Dose, from one teaspoonful to one tablespoonful three or four times a day in sweetened water.

This is good for cuts and wounds, and they should be washed in it often. It is excellent for cough, debility, and weak stomach.

#### CULVER'S PHYSIC.

This is called in latin, *Leptandria*. It is good for all diseases that mandrake is given for, and some prefer it to that article. Given in teaspoonful doses, it brings away black

tarry and morbid matter. It is prepared in a concentrated form, which I shall describe in another place, under the head of *Leptandria virginica*.

#### TO STOP BLEEDING AFTER EXTRACTING TEETH.

Take a phial cork of proper size, and put tanic acid on the upper end, and put it into the place where the tooth was taken from, and press it in with the opposite teeth. The cork alone will answer. This is of value, as some persons have bled to death.

#### BROWN'S PILLS FOR DYSPEPSIA.

Aloes fine,	1 pound,
Black root or leptandria,	3 ounces,
Gum myrrh,	4 “
Sub carbonate of soda,	3 “
Oil of juniper,	1 “

Make into pills of common size.

Dose, three to five, or one after each meal. This is a good pill for common use, and for obstructed menses.

#### FOR THE GRAVEL.

Make a tea of *Ura Ursa*, and drink freely.

CROTON OIL PILL.

Croton oil, twenty drops, extract of mandrake enough to make ten pills. Form into ten pills. One taken every two hours when other means fail, in bilious cholic. I have used these pills with good effect. Two drops may be dropped on sugar and taken in the same manner and with the same effect.

### A GOOD POULTICE.

Take the root of yellow pond lily and boil it until soft, or grate it fine if it is dry. This is good for white swelling and king's evil. As a poultice it is quite as good as slippery elm. Cat-tail flag root makes a good poultice.

When you prepare any medicine, be sure to mark your bottle or box in the following manner: Write on a piece of paper and paste it on the bottle or box. I will give you a sample: —

SYRUP OF IPECAC.

*Dose.* — One teaspoonful, three times a day for an adult.

## APOTHECARIES' WEIGHT.

A pound contains twelve ounces ; an ounce eight drachms ; a drachm, three scruples ; a scruple, twenty grains. N. B. Pounds and ounces are reckoned according to our common mode of weighing, that is, sixteen ounces to a pound. When we speak of drachms, scruples and grains, we mean apothecaries' weight.

## MEASURE FOR LIQUIDS.

A pint contains sixteen ounces ; an ounce contains eight drachms ; a tablespoonful is about half an ounce ; a teaspoonful is about one drachm, and contains one hundred drops.

I here give a few household receipts, which I know to be of great value.

## INK THAT IS INK.

Extract of logwood, 1 ounce,

Yellow bicromate of potash, 1 teaspoonful.

Pound the above fine, and add one quart of soft boiling water in order to dissolve the ingredients, and when cold, bottle for use. This ink will not corrode the pen, and may be prepared at the cost of four cents per gallon. Keep it from freezing.

## TO DYE WOOLLENS BLACK.

Woollen is dyed black by the following process:—Boil in a decoction of nut-galls two hours, and then it must be put in a dye of nut-galls five parts, five of sulphate of iron, and thirty of logwood, for two hours, the liquid to be kept at a scalding heat, and the cloth to be exposed to the air often. This is the proportion of dye for a hundred weight of cloth. Silk to be dyed in the same manner.

## TO REMOVE GREASE FROM CLOTH OR PAPER.

First warm the grease, and then apply spirits turpentine to it, and it is soon removed. The turpentine should be heated before being applied.

## TO MAKE A WATER &amp; FIRE PROOF CEMENT.

To half a pint of vinegar add the same quantity of milk, separate the curd and mix the whey with the white of five eggs, and beat it well together. Then slake some lime and add a sufficient quantity to make a thick paste. Broken vessels mended with this will withstand fire and water. Good for mending pots and kettles.

## TO MAKE LEMONADE.

Take tartaric acid one half ounce, loaf sugar three ounces, essence of lemon one half teaspoonful, put them in a dish, and add twelve tumblers of cold water. This is good in fevers.

## A FACT WORTH KNOWING.

Take one pailful of common soft soap, and put it on the fire and heat it, and add to it one pint of common coarse salt. Let this remain on the fire for a few minutes, and then remove it to cool. When it is cold, run a knife around the edge of the kettle, and turn it over, and the top will be good brown soap. It should be cut into cakes to dry. this soap is good for sore hands, and to shave with, and costs but one cent per pound. If you add to one pound of this soap four table-spoonfuls of beef gall, and melt it together. you can wash any calico without starting a color.

DIET FOR THE SICK AND GOOD FOR THOSE  
IN HEALTH.

Excess in eating and using improper food is the great error, into which many persons

fall. It produces more diseases than all other causes combined. Dr. Caldwell says, "one American can consume as much food as two Highlanders or two Swiss, although the latter are among the stoutest of the race." Intemperate eating is, perhaps, the most universal fault we commit. We are all guilty of it, not occasionally but habitually and almost uniformly, from the cradle to the grave. It is infinitely more common than intemperance in drinking, and the aggregate of mischief it does is greater. For every reeling drunkard that disgraces our country, there are some hundred gluttons; persons, I mean, who eat to excess and suffer by the practice. How can the case be otherwise, while children and youth are regularly taught, hired, bribed or tempted to over-eat themselves from their birth? Do you ask me for the evidence in proof of this charge? Go to our dining-rooms, fruit-shops, confectioneries, and even the sick room, and you will find abundance. The frightful mess often consists of all sorts of eatable materials that can be collected and crowded together; and its only measure is

the endurance of appetite and the capacity of the stomach. Like the ox in rich pasture-ground, or the swine at the swill-trough, men stow away their viands until they have neither desire nor room for more. Galen remarked on diet as follows: — “I beseech all persons who shall read this work, not to degrade themselves to a level with the brutes or the rabble, by eating and drinking promiscuously whatever pleases their palates, or by indulging their appetites of every kind. But, whether they understand physic or not, let them consult their reason, and observe what agrees and what does not agree with them, that like wise men they may adhere to the use of such things as conduce to their health, and forbear from everything which they find, by their own experience, to do harm; and let them be assured that, by a diligent observance and practice of this rule, they may enjoy a good share of health, and seldom stand in need of physic or physicians.”

DIRECTIONS HOW TO PREPARE FOOD FOR  
THE HEALTHY AND THE SICK.

*Graham bread* should be made of un-



bolted wheat, having the coarsest separated. This will keep the bowels in a good state, while fine flour causes costiveness and dyspepsia for want of a proper stimulus. Says Dr. Scott, "the ancients considered that bread most wholesome and nourishing, which was made of flour retaining the whole of the bran that is contained in the wheat. Hence the Greek wrestlers used no other bread than that made of coarse, unsifted flour; and this they considered so strengthening and nourishing, that they called a brown loaf *coliphium*, which implies strength of limb.

*To make bread.* — New milk and boiling water, equal parts, thicken with flour and let it rise, then add flour and set it in pans to rise again, and then bake it. Let it stand one day, before it is eaten.

*Bread with milk*, is a good diet when it agrees.

*Pudding.* — Mix coarse wheat flour with milk, and put into a bag and boil; to be eaten with butter or sauce.

*Toast.* — Toast bread slowly till very

brown, pour on a little milk or water, add butter; it rests well on the stomach

*Rye.* — Rye bread is a good article of diet, and far better than common wheat bread. Milk thickened with rye flour and eaten with butter and molasses is good.

*Indian bread.* — This is the most wholesome kind of bread known in the world, and may be used in various ways. To make indian bread so that it will not hurt any one: Buttermilk one quart, saleratus 2 teaspoonfuls, 4 eggs and indian meal sufficient to make a soft cake; bake it in tin pans one hour with a moderate heat. This is the best bread I ever eat.

*Gen. Washington's bread.* — Indian meal with a little salt, mixed up with a little cold water, make a thin cake, put it in tin pans and bake well; to be eaten with butter. It is said to be the only bread that Gen. Washington ever eat.

*Indian pudding.* — Take indian meal, water and milk, knead well, then put into a bag, boil it 6 hours; cut it in slices, to be eaten with butter and molasses. A wholesome dish.

*Hasty-pudding.* — Made by boiling salted water, and thicken it with meal until it is thick. To be eaten with milk, &c. This is good for the sick and healthy.

*Samp Hominy.* — Grind corn coarse before it is ripe, boil it until soft. To be eaten with milk.

*Baked Indian-pudding.* — Mix indian meal and milk together with sugar and eggs. To be baked and eaten with sugar, butter or sauce.

*Indian meal gruel.* — To 1 quart of boiling water add a little salt, also add 2 table-spoonfuls of meal that has been wet with cold water, boil  $\frac{1}{2}$  hour. This should be eaten when medicine is taken.

*Oat meal and wheat meal* may be made in the same manner. The latter is far better than the former in bowel complaints.

*Rice, boiled.* — First wash the rice in water, then boil it in water with a little salt added, until it is very soft. This is a good article of diet and rests very well on the stomach. It may be eaten with milk or butter.

*Baked rice puddig.* — Milk 1 quart; salt,

1 teaspoonful,  $\frac{1}{2}$  cup of rice, same of sugar. Bake 2 hours with a moderate heat. This is a wholesome dish.

*Rice flour.* — This is good for bowel complaints, and should be made into a gruel. Nutmeg and cloves should be added with a little sugar. This, or flour gruel, should be the principal diet of all who have the bowel complaint.

*Boiled eggs.* — They are hard of digestion and should not be eaten by the sick. An egg may be broken into boiling water and taken out before it is done, which is good for the sick.

*Custards.* — 1 pint of milk, 3 eggs,  $\frac{1}{2}$  cup of sugar, a little salt and nutmeg to suit the taste. Bake for 45 minutes.

*Pastry.* — Let the following rule be observed in all cases, especially when we have visitors. —

The crust should be made of unbolted wheat flour, mixed with cream or with a little saleratus and shortened with butter. Lard or any other grease should never be used for making pastry, nor in cookery.

*Cake.* — Cake may be made by making 1 pint of dough with unbolted flour, adding  $\frac{1}{2}$  cup of butter, 1 cup of sugar, 3 eggs, 1 teaspoonful of saleratus, 1 pound of raisins.

*Wheat cake.* — Wheat meal 3 pints, butter milk  $1\frac{1}{2}$  pints, saleratus 1 teaspoonful, roll and cut into cakes, bake by a hot fire. Never eat hot bread, unless you wish to injure yourself. The question may be asked, why not eat hot bread? The reason is, that hot bread contains a large portion of *carbonic gas*, which is injurious, but when the bread gets cold the gas passes off and oxygen takes its place.

*Plain cake,* — 2 cups of molasses, 2 of milk, 1 teaspoonful of saleratus, wheat flour to make a soft paste.

*Cup cake.* — 2 cups of milk, 2 of sugar, 2 of wheat meal, 1 of rice flour, 1 teaspoonful of salt. Beat up and put in cups, bake 1 hour.

*Potatoes.* — Mealy potatoes should be used or none.

*Baked potatoes* are the best and the easiest of digestion.

*Codfish cakes.* — Soak the fish for 12 hours,

take out the bones, and scald it, add to it twice as much of boiled potatoes, knead all together and make it into small cakes and fry in butter. This is good for all, sick or well.

### DRINK.

*Water.* — Good pure cold water stands at the head of the list, and should be drank with food by the young, and all healthy people.

*Tea & Coffee.* — These are narcotic and should not be used. If tea is used, be sure to use black tea. For coffee, use *cocoa shells*, which may be made the same as coffee. Chocolate is not so good as cocoa shells. *To make cocoa.* — Take one cupful of shells, water two quarts, milk one quart. *Milk and buttermilk* are good when they agree.

*Toast water.* — Made the same as crust coffee, is good in fevers and bowel complaints.

*Wine whey.* — Milk 1 pint boiling hot, to this add as much wine as will curdle, boil and set it aside to cool, but do not stir it; pour off the whey and add sugar to sweeten.

This is one of the best medicines in fevers, when a stimulus is needed, that I know of. One aged physician said, he was more indebted to it, than to any other thing in the world.

*Dose.* — From 1 tea to 1 tablespoonful as often as is needed to keep up the strength of the patient.

*Lemonade.* — This is good in fevers. To the juice of one large lemon, add 1 tablespoonful of sugar, and 1 pint of cold water. Root beer or beer made of spruce boughs is good. Food and drink should be taken rather cold as they relax the stomach.

*All dyspeptics should observe the following.* — Take fresh lean beef, cut thin one pound, put in a jar or any thing that will answer the same purpose, add a little salt and place the vessel in a kettle of boiling water for one hour, then strain through a woolen cloth. Begin by taking 1 teaspoonful, increasing as the stomach will bear. This will stay on the stomach when everything else is rejected, many have been cured with this when nearly gone with dyspepsia.

*Good for the same.* — Take a piece of

bread, cover it with sugar, pour on boiling water, cover with a plate for a little while. To be eaten with cream.

#### VOLTAIRE'S DISH FOR DYSPEPSIA.

Beat up an egg in a bowl, add six tablespoonfuls of cold water, mix the whole well together, then add two tablespoonfuls of mashed potatoes, then add as much water as will cover the whole, or make a jelly and mix it well. This may be eaten alone, or with sugar when it agrees. Bread may be eaten with it as the stomach gets stronger. We do not mean Voltaire the infidel writer, but a noble personage who was cured by the last named food. The above was communicated by Sir John Sinclair of France.

#### CLOSING REMARKS.

It is customary to write medical prescriptions in Latin, but as that practice is dangerous, I have omitted it in this work, and given it in as plain a manner as possible. However capable physicians may be of writing Latin, I am certain Apothecaries are not in a condition to read it, and in consequence, mis-



takes often happen. But could they read it, it would not be safe, as it might fall into the hands of the apprentice, as he puts up most of the prescriptions. In this case, although we employ a good physician, we may trust our lives in the hands of an idle boy. I have given a large number of compounds in this work, but a few well selected will be sufficient. But it is best to have them on hand, so if occasion requires they may be had.

I shall close by giving an extract from the writings of John Wesley of England, who was a physician, as well as the founder of the sect called Methodists. I have seen and read a work on medicine that he wrote. He says, "the healing art was first brought into use in a very natural and simple manner. In the earliest ages of the world mankind by various experiments or accidents, discovered that certain plants, roots and barks possessed medical properties. These were found sufficient to remove their diseases. The application of these remedies was plain and easy ; but in process of time many began to make profession of medicine, and to strip it of its sim-

plicity ; they began to inquire into the operation of such remedies, why and how they performed such cures ; they examined the human frame in all its parts ; the nature of the flesh, arteries, nerves ; the structure of the brain, heart, lungs, stomach, bowels, &c., with the springs of the animal functions. They explored the animal, mineral, as well as the vegetable substances. Hence the order of physic was subverted, and founded on hypothesis ; they formed theories of diseases and their cures, and substituted these in place of facts.

As theories increased, simple medicines were more and more disregarded and disused, till in course of years the greater part were forgotten in the polite nations. Speculative men introduced new remedies, and such as were difficult and unknown to the common people. Hence rules and medical books were multiplied, until the science was out of the reach of the common people. Physicians were held in admiration, and profit was the result as well as honor, so that there were two weighty reasons for keeping the bulk of

mankind at a distance, that they might not pry into their mysteries. They filled their writings with technical terms utterly unintelligible to plain men. They affected to deliver their rules and to reason upon them, in an abstruse and philosophical manner. They represented the critical knowledge of anatomy, natural philosophy, and what not? (Some of them insisting on that of astronomy and astrology,) as necessary previous to the understanding of the healing art. Those who understood only how to restore the sick to health, they branded with the name of Empirics. They introduced into practice abundance of compounds, medicines consisting of so many ingredients, that it was scarcely possible for common people to know which it was that wrought a cure; abundance of exotics, neither the nature nor the names of which their own countrymen understood; of chemicals such as they neither had skill, nor fortune, nor time to prepare; yea, of dangerous ones, such as they could not use without hazarding life, but by the advice of a physician. And thus both their honor and gain were secured. A vast

majority of mankind, who have endeavored, (even contrary to their own interest,) to reduce physic to its ancient standard, who have labored to explode out of it all hypothesis and fine spun theories, and to make it a plain intelligible thing as it was at the beginning, having no more mystery in it than this : — Such a medicine removes such a disease. These have shown that neither astronomy, natural philosophy, nor even anatomy itself, is absolutely necessary to the quick and effectual cure of most diseases incident to the human body ; nor yet any chemical or exotic or compound medicines ; but a simple course, such as any man of common sense, (in ordinary cases,) may prescribe for himself or neighbors, and may be very secure from harm, even where he cannot do good.”

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